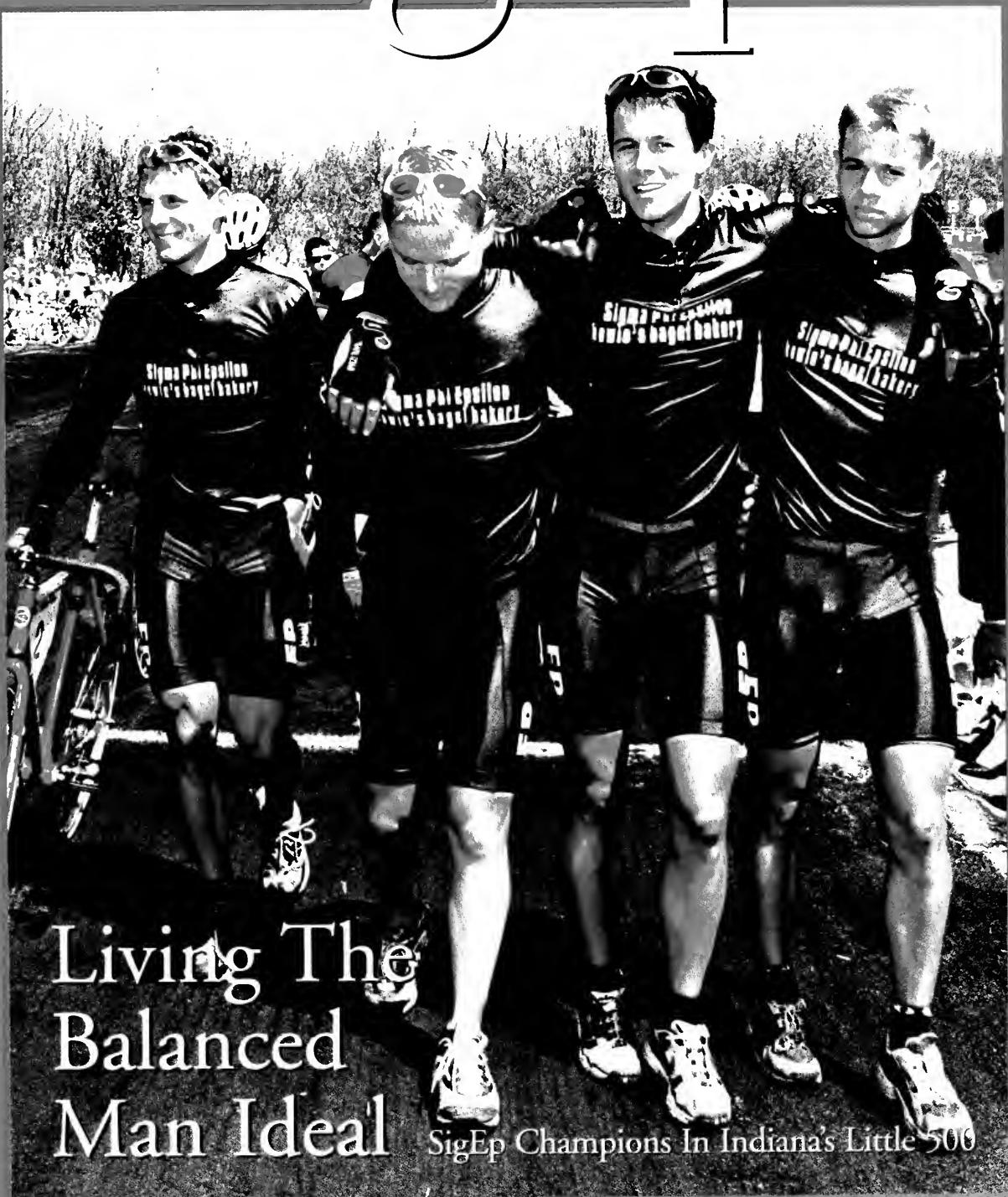


SigEp

THE JOURNAL OF SIGMA PHI EPSILON
FALL 2000



Living The
Balanced
Man Ideal

SigEp Champions In Indiana's Little 500

From The Grand President

Dear Brothers,

It's been an interesting few months. In the spirit of promoting a better dialogue I've run across a few things I want to share.

Some chapters have the idea that "nationals" [why the "s" brothers?] promotes size for the sake of bigness or money. The "+5 Challenge" wasn't subtle, and maybe we haven't made the case as to why Richmond and your alumni promote large manpower.

What we've learned these past 100 years is that a 50-man chapter can be at death's door in a year. All that has to happen is 20 brothers graduate, two drop out of school, three transfer or go abroad to study and we return with 25, look unsuccessful, get eight new members when you usually get 20, and the downward spiral is in full swing. I won't get into the financial bag the alumni board holds if there's a house to fill, or the pressure for numbers that puts on the next recruitment cycle.

SigEp promotes size to avoid the above but most importantly so that you have the best fraternity experience. Large chapters have the talent and resources to participate in every facet of campus life. They are more selective because they don't have financial worries. But most of all, large chapters are protected from the in-bred stereotyping of everybody coming from the same towns, high schools, etc. They are far more likely to give you the opportunity to meet and understand men of different races, cultures, religions, and thus better prepare you for the post graduation real world.

"Nationals" and money. Listen my brothers, we are the biggest and have been for the past two decades. Our endowment is probably the biggest. We have the freedom to pursue excellence just like our big powerful chapters. And please hold onto



William G. Tragos, Grand President,
Washington University, Missouri Beta '56

this one: We wouldn't shut down 100-man chapters that break the standards you establish in Conclaves or sully our name if we just wanted to rake in the money.

Do yourselves a favor. List the best four or five fraternities on your campus. Put their manpower next to their name. Who's small?

The other problem we face is contentment with a middle of the pack position. It's been engraved deeply into the psyche of the alums as well as the present undergrads of those few chapters that don't dare imagine, aspire, or understand that middle grades, size, athleticism is a middle brotherhood, not the best SigEp life because not as rich as our big diverse chapters.

On the other hand, our few uncompetitively small chapters know the difficulties, pain, embarrassment of their small membership, undergrads, and alums. Their backs are up against the wall so their hearts and minds are open to try to make big changes to improve themselves. It's the 30 or 40 middle of the pack not ambitious for themselves that we need to worry about. If any of you want to talk, here's my home address, telephone number, and e-mail address: 45 North Stanwich Road, Greenwich, Connecticut, 06831; (203) 661-6957; wtragos@optonline.net.

Other observations. Our academic performance is astounding. Over 30 chapters [even though not all 260 have yet to report] are within 10% of Phi Beta Kappa's 3.5, in their "wheelhouse" as we say.

Who would have dared imagine? So it can be done. It starts with recruiting great, well-rounded students and our chapters helping them to do their best.

Kudos to the massive movement across the whole SigEp nation in promoting the ideals of the Balanced Man...healthy mind, healthy body ...with programs that encourage this good life on a daily basis, making it a habit chapter-wide. And you seem to be having a great time doing it.

I want to thank the thousands of supporters: alums, parents, and faculty who are turned on by what we're trying to do to ensure an even better next 100 years, helping us achieve our ambition of providing the right environment for you to be your best self, and thus fulfill our mission of preparing great leaders for the world.

Our fraternity has never backed away from tough challenges. The one we take on now of demolishing the "frat boy" stereotype is a big, hairy ambitious goal perfectly suited to the leader of the fraternity world, your Sigma Phi Epsilon.

It's going to be a very long haul, but somehow I have no doubt we will stay the course. And in so doing, we meaningfully honor our Founders who dared, like you.

In Phi,

A handwritten signature in black ink that reads "Bill Tragos".

Bill

SigEp

*The Journal of
Sigma Phi Epsilon*
Volume 98, Number 2
Fall 2000

John P. Adams
University of Kansas
Kansas Gamma '98
Editor

Kevin E. Stuart
Louisiana State University
Louisiana Beta '00
Copy Editor

David M. Clinger
Contributing Editor

John Oat
Art Director

Sigma Phi Epsilon Fraternity
was founded at Richmond
College in 1901.

The Journal of Sigma Phi Epsilon is a publication of the Sigma Phi Epsilon Alumni Association. The *Journal* has been published continuously since 1904 and is devoted to the scholarship and leadership mission of the Fraternity.

Contact Us

*The Journal of
Sigma Phi Epsilon*
P.O. Box 1901
Richmond, VA
23218-1901

Phone: (804) 353-1901
Fax: (804) 359-8160
E-mail: journal@sigep.net
Web site: www.sigep.org

Get Published

Alumni, undergraduates, and friends are encouraged to submit information to the *SigEp Journal*. Tell us about your career, chapter, personal achievements, activities, etc. Please include photographs with your information.

Letters, news, and editorial submissions should be directed to the editor.



Features

10 SigEp's Centennial:

Celebrating 100 Years
of Sigma Phi Epsilon



14 Balanced Man Profiles:

SigEps Living
the Balanced Man Ideal



On The Cover

Brothers Jason Baker, Steve Kopach, Andy Lupo, and Jett Tackbary walk their victory lap after Indiana University's Little 500.

26 Politics 2000:

Brothers
in the Political Arena



Departments

2 Forum	Letters & Commentary
4 New Chapter Development	Installations and Sigma Epsilon Chapters
6 Red Door Notes	Chapter Facility Profiles
7 Housing	Housing Tips
16 Sound Body	Developing a Healthy Body
22 Sound Mind	Exploring Your Mind
31 Development	The Frank Ruck Leadership Institute
32 Project America	Alternative Spring Break
34 Chapters	Nationwide News
38 Alumni	Worldwide News
43 Foundation	Sigma Phi Epsilon Educational Foundation

Next Issue

SigEp Athletes

If you are involved in any aspect of collegiate or professional athletics and wish to contribute to the article, please contact the editor by February 1, 2001.



From The Editor

Brothers and friends of Sigma Phi Epsilon:

You will notice two things as you read this issue of Sigma Phi Epsilon's *Journal*. One, it is 44 pages. The National Board of Directors made a decision to allocate more resources to this important publication, returning the *Journal* to the level it attained when John Robson (Lawrence University, Wisconsin Alpha '28) was the editor. Two, you will notice that parts of the *Journal* act as a "handbook". You will see housing tips from the National Housing Corporation and internationally recognized interior architect Thomas Allardyce, ways to build a sound mind and a sound body, and many other ideas to better you and your chapter.

As we approach our 100-year anniversary, we are doing a two-part feature on our history. The years between 1901 and 1946 are highlighted in this issue. Many thanks to Kevin Stuart (Louisiana State University, Louisiana Beta '00) and Grand Archivist, Jay Bosanko (Susquehanna University, Pennsylvania Phi '92), for donating their time to this centennial feature.

You will also see a feature profiling those SigEps and others, including Lance Armstrong, that are living the Balanced Man Ideal of helping men build a sound mind and a sound body. The Chairman for Sigma Phi Epsilon's Men's Health Committee, Dr. John C. Petricciani (Rensselaer Polytechnic Institute, New York Delta '58), is featured as well.

Finally, as it is an election year, there is a feature on our brothers who play significant roles in various political arenas, from our nation's capitol to state politics.

Fraternally,

John P. Adams
Editor

Thank You!

Dear Mr. Tragos:

We appreciated the parent letter received from you last year which encouraged us that our son, Dave Shaw, had made a good decision to become involved with the formation of a Sigma Phi Epsilon Chapter at George Washington University. Your letters invited feedback on our son's experience. Too often, people take time to only respond about the negative. However, we are proud to say that Dave's experiences after one year have only been positive and we wanted to share this good news with you.

Your letter emphasized that the key to success of Sigma Phi Epsilon was the involvement of responsible adults, especially through the alumni as local volunteers. We are convinced of this truth and want you to know that the alumni volunteers serving at George Washington University are par excellence. Although we have not met these gentlemen, we feel as though they are family. Dave has shared many experiences through which their friendship and resources have provided the guidance you would

anticipate from a favorite uncle. What a blessing for him and a true comfort for us as he sets the course for his independence far from home.

We particularly wanted to inform you of the dedication of Mr. Troy Queen. His commitment to the core values of the fraternity could not have been more evident than this past weekend when he personally planned and sponsored a West Virginia retreat for the executive committee. According to our son, every moment of the weekend had been planned with activities centered around learning leadership skills and teamwork with opportunities for exercise and fun in between. In addition, Troy had sponsored all of the arrangements for these young men, from transportation to food and lodging, so that their concentration could be focused on learning.

What a positive experience for these young men. And, what a selfless act on behalf of Mr. Troy Queen! For us, the note-worthy part of Mr. Queen's incredible volunteerism is that he is a young man who is not too many years past college graduation himself. He is in the midst of challenges of his own career opportunities with voter.com in this very busy political season and yet he takes the time, his personal time, to give himself to others. We are sure that you would agree that Mr. Queen is the very essence of the role model that your alumni strive to be.

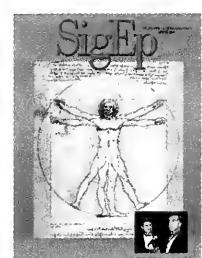
Again, we just wanted to share this very remarkable and positive story with you and others who should know about the positive impact of volunteerism. Through Mr. Queen's example, and the fine example of other alumni volunteers of Sigma Phi Epsilon, we can all be assured that 'service to others' is a virtue that will be perpetuated through the growing brotherhood of this fine fraternity.

DAVID AND BONNIE SHAW
SIGEP PARENTS

From a SigEp Mother

Dear *Journal* Editor:

I am impressed with the message from Grand President Bill Tragos. It is important for college students to take care of their bodies as well as their minds. After reading Mr. Tragos' speech in the last issue of the *Journal*, I called my son. It was a Saturday morning and I caught my son off guard. We discussed how he could develop his body and mind by living this Balanced Man Ideal on a daily basis. We had a great conversation! I enjoy reading the *Journal* and look forward to the next issue. Keep up the good work.



THERESA SIMONETTI
SIGEP MOTHER

Correction:

The men of Michigan Beta at Western Michigan University received a Buchanan Cup for outstanding chapter performance and operations at the 1999 Conclave in Chicago.



In renewed partnership with Sigma Phi Epsilon Fraternity, the *Legacy Division of Masters of Design*, Official Jeweler to Sigma Phi Epsilon Fraternity, offers an exclusive line of exquisitely jeweled badges, rings and accessory jewelry. Superbly crafted by skilled Legacy artisans, all items featured above, as well as others from our custom collection for $\Sigma\Phi\epsilon$ members, are backed by our unequalled Lifetime Warranty and responsive service.

To place your order, or for a free brochure, please call our Customer Service staff at 1-800-542-3728, Mon. through Fri., 8:00am to 5:00pm EST. (MC, VISA, AMEX accepted).

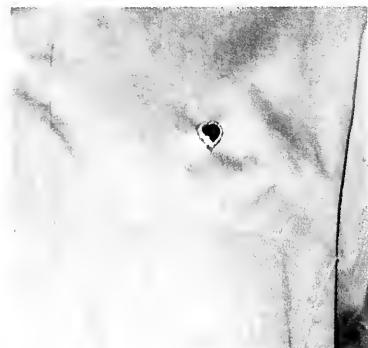
Legacy Division, Masters of Design
81 John Dietsch Blvd.
P.O. Box 2719
Attleboro Falls, MA 02763

1-800-542-3728

*Goldgloss is Legacy's trademark for a finely polished, durable gold electroplate finish. **Gold filled contains 1/10 fine gold.


LEGACY
A Division of
MASTERS OF DESIGN
Official Jeweler to Sigma Phi Epsilon

Wearing the Fraternity's Jewelry with Pride



The Founder's Badge

The Founder's Badge is worn by all brothers of Sigma Phi Epsilon. The proper way for brothers to wear the Fraternity's Badge is on their hearts.



The Balanced Man Pin

The Balanced Man Pin is worn by all members of Sigma Phi Epsilon. The pin is worn on the lapel of a suit or sports jacket.

NEW CHAPTER DEVELOPMENT



The Pennsylvania Kappa chapter facility at Bucknell University.

SigEp Returns to Bucknell University

Sigma Phi Epsilon's Pennsylvania Kappa chapter has returned to Bucknell University in Lewisburg, Pennsylvania.

The chapter was re-established in the fall of 1997 and quickly grew to become one of the largest fraternities on campus with 84 men. The chapter achieved a 3.23 chapter GPA for the spring 2000 semester, making them number one among fraternities on campus and placing them in "Phi Beta Kappa's Wheelhouse" (see page 25).



Chapter President Steve Trempe takes a moment for a photo with his parents after receiving the charter for Pennsylvania Kappa.

With Grand President Bill Tragos in attendance, the chartering banquet was held on April 8, 2000. Parents, chapter alumni, university officials, and representatives from other area SigEp chapters all helped place the attendance

at well over 250 people. Touching speeches were given by Chapter President Steve Trempe and past Chapter Presidents John Littzi and Bob Dineen.

One of the highlights of the chartering banquet was the presentation of the "Balanced Man of the Month" award to Ethan Lew, a varsity diver at Bucknell and a member of the chapter. Once a month, the chapter presents this award to a deserving chapter member that is living the Balanced Man ideal. An advertisement is taken out in the student newspaper to honor the recipient, along with a plaque including his name and accomplishments.

The Wisdom of the Founders Guides Tennessee Epsilon to Success

The journey back to Tennessee Technological University was not always easy. The men of Tennessee Epsilon are commended for their commitment to the ideals of Sigma Phi Epsilon. This chapter persevered through the growing pains of learning to recruit by their strong commitment to demolish the "frat boy" stereotype. They quickly developed into an elite chapter at Tennessee Tech. When times were tough, the brothers of Tennessee Epsilon turned to the lessons of our Founders embodied in the Balanced Man Program and focused their efforts on building sound bodies through excellence in intramural events and sound minds by engaging in service learning activities. The chapter charter was renewed with 42 men in the Spring of 2000.

Georgia Delta Returns and Dominates

In the Fall of 1998 Sigma Phi Epsilon returned to Athens, Georgia to bring back the Georgia Delta chapter to the University of Georgia. At that time, 25 men were recruited. Nineteen months later, the chapter has 83 men and a 3.2

GPA, which is well above the all-campus average. Georgia Delta recruits the best of the best, including two student body presidents, six student senators, orientation leaders, a Rhodes Scholar finalist, and many other campus leaders.

With 382 people attending, the men of Georgia Delta received their charter on Saturday, September 16, 2000.

The key to much of the success at Georgia Delta rests in the hands of the volunteers. In particular, the hard work and dedication of the



L to R: Alumni Board President Ken Hansing, Chapter President Zach Stafford, and Grand President Bill Tragos.



Parents and friends meet at the Georgia Delta house during the chartering weekend.

Chapter Counselor Victor Wilson and the entire Alumni Board. Without their leadership and guidance campus dominance would not have been possible.

Balanced Man Program Ushers in the Return of California Eta

The California Eta chapter at the University of California at Davis is proof that chapters that strive toward the Balanced Man ideal are destined for success. The chapter, which was closed in 1992, was reopened five years later when campus administrators wisely perceived that SigEp's Balanced Man Program offered something different. The chapter that U.G. Dubach and Bedford Black helped start is now the fastest growing Greek organization and the third-largest fraternity on campus with 54 men. The chapter charter was returned on November 20, 1999.



The men at the University of California - Davis celebrate after being installed as the California Eta Chapter.

was closed in 1992, was reopened five years later when campus administrators wisely perceived that SigEp's Balanced Man Program offered something different. The chapter that U.G. Dubach and Bedford Black helped start is now the fastest growing Greek organization and the third-largest fraternity on campus with 54 men. The chapter charter was returned on November 20, 1999.

Texas Christian University Welcomes Back Texas Gamma

On Saturday, January 22, 2000 the Texas Gamma chapter at Texas Christian University received its charter. In the Spring of 1997, SigEp staff members Jason St. John and Ryan Brennan traveled to Fort Worth, Texas to lay the foundation for a new chapter. St. John and Brennan left campus only after recruiting 45 men. The chapter currently has 54 men and is proud of its many

accomplishments, specifically its implementation of the Balanced Man Scholarship. The chapter invited Dr. Darren Middleton, a philosophy professor, to its 2000 banquet to speak about the Balanced Man ideal and its roots in ancient Greek philosophy.

Florida Gamma Returns as the Largest Chapter on Campus

After recruiting 39 new members in the past year, the men of

Florida Gamma at the University of Miami are number one on campus. Chartered on Saturday, April 29, 2000 this chapter should be proud of its many achievements. With a 3.16 chapter GPA and members involved in student government, Phi Beta Kappa, Order of Omega, peer advising, and many other campus organizations, this chapter will surely continue to dominate.

Michigan Alpha Re-established in the Fall of 1999

With the Balanced Man Program as the center of its member development program, Sigma Phi Epsilon returned to the University of Michigan campus in the Fall of 1999. This chapter grew quickly. In fact, by the second year of its existence the chapter purchased a facility at 725 Oxford Street and placed third in the annual Greek Week. This 76-man chapter was chartered on October 15, 1999.

Expansions

In the 2000-2001 academic year, Sigma Phi Epsilon is proud to start Sigma Epsilon Chapters at the following campuses. Please contact the key volunteers if you are interested in assisting with these new chapters. For more information, call Wes Stolp, Director of New Chapter Development, at (804) 353-1901, or visit www.sigep.org.

University	Key Volunteer	E-mail Address
DePaul University	Scott Schwartz	saschwartz@att.net
San Diego State University	Ron Smith	ronsred@home.com
	Dale Walters	walters@cts.com
Ohio State University	Bob Barnett	rbb@cpmlaw.com
University of Colorado	Chris Bittman	cbittman@jurika.com
	Jeff Johnson	jeffj@rockymtncat.com
Northern Arizona University	Sean Garcia	sgarcia@mdc.com

For more information, call Wes Stolp, Director of New Chapter Development, at (804) 353-1901, or visit www.sigep.org.



The tradition of the red door on Sigma Phi Epsilon chapter houses began at Syracuse University (New York Alpha) in 1928. This has become a strong tradition in SigEp, and as you travel to other college and university campuses, you will see the "red door" of Sigma Phi Epsilon and know that you are welcome.



Florida Alpha, University of Florida

- This 65-man facility celebrated its 50th anniversary this past spring.
- The local housing corporation continues to update the facility by investing all housing corporation and chapter surpluses back in the facility improvements.
- The local housing corporation also works to keep the facility competitive on campus by installing internet connections, common areas, and quiet study areas. The chapter is planning to install a new work-out facility.



Ohio Alpha, Ohio Northern University

- This house is listed as a registered National Historic Landmark for being the oldest structure built specifically for fraternity use.
- The facility was built in 1910.
- The local housing corporation has created a strong, academic environment for the undergraduates by installing Ethernet connections in various rooms of the facility.



Virginia Eta, University of Virginia

- This classic mansion was built in 1925 to reflect the architecture on the University of Virginia campus, which was designed by Thomas Jefferson.
- The facility has a 65-man capacity.
- One of Sigma Phi Epsilon's oldest chapters, Virginia Eta was founded on April 27, 1907.

What Can The National Housing Corporation Do For Your Chapter?

The Grand Chapter created the National Housing Corporation (NHC) to help meet the Fraternity's housing needs in 1959. Over 100 chapters have benefited from the National Housing Corporation in the form of a loan or a loan guaranty since its founding. The NHC helps local housing corporations in several ways:

- **Advises local housing corporations on the special construction needs of fraternity housing.** Life safety, durability, and architecture are unique in the fraternity setting. The Trustees are available to render advice on design, structure, construction, building materials, and financing the construction and remodeling of SigEp housing.
- **Provides second mortgages and/or less than a 50% loan guaranty only when the local housing corporation has exhausted its options on the local level.** Often local housing corporations have the necessary equity to get a loan from a local bank. The National Housing Corporation is available to help young chapters finance their first home and help chapters who are otherwise not able to obtain funding on a local level. Alumni Boards that have already purchased one home and are looking to upgrade housing should already have enough equity in their current property to not require NHC financial assistance.
- **Helps local housing corporations save for future housing through the Chapter Investment Fund (CIF).** Each SigEp undergraduate pays \$20 per year to his chapter's account. A local housing corporation may use its CIF funds for long-term housing needs such as a house



Bert Harris, President National Housing Corporation, University of Florida, Florida Alpha '74

purchase or capital maintenance (i.e. roof, heating, cooling, electrical). The CIF may not be used for short-term improvements such as furniture, paint, carpeting, or annual clean up as the funds will not be replenished by the time they are needed again. Many chapters, who did not have housing for years, questioned why they had to contribute to this fund.

Brothers realize the value of the CIF when the opportunity becomes available to have housing and SigEp beats another fraternity to the punch because the local housing corporation is able to make the down payment with funds from the CIF.

Property Management: Most good SigEp volunteers have a family, career, and other involvement outside of SigEp. It takes significant time to manage a property well. Some SigEp houses are worth over 1.5 million and house over 100 men. Managing the property well is virtually a full time job. The NHC is working to develop ways to help volunteers manage properties or to outsource portions of the management.

Volunteer Education: The average volunteer in SigEp is getting younger.

Many volunteers who lead local housing corporations do not own their own home. It takes a unique knowledge base to manage a property and understand the need for leases and membership agreements, how to close the property effectively for the holidays and the summer, how to budget for long-term repairs (i.e. roof and boiler), and how to deal with security deposits.

Budgeting: SigEp ranks 17th out of 20 against our major competitors in the amount of dues that the national Fraternity charges undergraduates. This provides local housing corporations the opportunity to charge more for undergraduate members to live in the property. The local housing corporation should be charging more than it costs to live in the residence halls, as the experience of living in the chapter house is better. Charging more allows for more upgrades to the property. Local housing corporations that sell on price will have a property that deteriorates over time. Those that charge amounts greater than the residence halls and take advantage of our relatively low national costs compared to our peers will have a home that is well maintained, technologically advanced, and provides a good environment that promotes academic success.

The NHC has completed a web site that has consolidated SigEp housing information that was previously included in different web sections. www.sigep.org/nhc contains many documents useful to a local Housing Corporation including loan applications, sample leases, and budgets, advice on renovation or construction, information on security deposits, how to apply for a NHC loan, and more.

Good Taste Is Worth A Lot Of Money

The following is an interview with Sigma Phi Epsilon's internationally recognized interior architect, Thomas G. Allardyce, regarding the design of fraternity houses based upon his twenty-year experience as a principle of the design firm Hendrix-Allardyce in Los Angeles, California. Thomas traveled for Sigma Phi Epsilon as a Regional Director upon his graduation from Lamar University (Texas Epsilon) in 1970.

What do you remember about fraternity houses when you traveled?

For the most part, the fraternity houses seemed dreary and were very poorly planned. Furniture had been purchased over a long period of time with no thought to blending design, color, and architecture. I remember that most houses looked brown and very dark. The lack of color in the furnishings was predominant. I think one of the functions of a fraternity house is to have a comfortable and tranquil place to go after classes, whether the purpose is to work or play.

With your experience in design, how would you approach the development of a design for a fraternity house?

There are four major points that an alumni board should address before making any decisions on the remodel of a house or the upgrade of the furnishings and color palettes for the house:

1. Create a list that would survey the requirements for the project. Use that list to develop a program for items to be addressed.
2. Establish the needs for the use of each space to be newly designed or redesigned in the project.
3. Select any furniture or furniture systems (meaning desk units, bed units, etc.), or equipment (meaning telephones, computers, etc.) to be incorporated into the given space.
4. Act in accordance with ADA requirements which tend to be very complicated today. Addressing this in the beginning will make the life of an alumni board easier as the ADA requirements affect many of the decisions to be made in any new design (e.g. wheelchair ramps). All of the ADA requirements should be followed.



Thomas G. Allardyce,
Interior Architect,
Lamar University,
Texas Epsilon '70

What preliminary considerations should be taken into account when addressing a public space?

The needs in a public space are quite different from those of a personal living space. The intended use of the lounge is going to determine whether there would be a music system, an entertainment system, or computer access. The style of dining in the dining room must be decided. A list of requirements for each space will make the selection process easier and each listed item can be priced out.

Is it necessary to hire a design professional for a remodel?

It is beneficial to work with someone who is particularly trained in the area of design. Hiring someone to draw a plan is one of the most advantageous expenditures for any project. It is extremely important to lay out each given area with a quarter-inch scale. This enables you to draw in the placement of the furniture and determine the locations of the study areas. The required electrical components must be detailed prior to any remodeling or construction. By using a quarter-inch plan you can place the sofas in the lounge, the number of required chairs, as well as the location of the media equipment. A plan will enable you to determine the ideal sizes for each piece of furniture to be purchased. One of the biggest mistakes people make is to rely on their memory and go to the local furniture store and choose a sofa and a few chairs without plotting out the room space and necessary components. A plan allows you to easily suit the needs of that space and figure out what works best in terms of layout and size. After an acceptable plan is established, it is vital to acquire samples of each of the fabrics, carpet, and wall coverings to create the overall design package.

It is far better planning to select and approve all materials to be used for a project prior to purchasing anything to ensure a uniformity in the design and character of a house.



The common area at Indiana University, Indiana Beta.

— Decorating Tips from Thomas Allardyce



Thomas Allardyce designed the interior of Sigma Phi Epsilon's Zollinger House in Richmond, Virginia.

Once all the needs have been established, how would you approach the interior design of a fraternity house?

The first selection that comes to mind would be the carpeting. My suggestion would be that the carpeting be a multicolored pattern in a low level, high-density nylon. This carpet would wear for the longest term and is the easiest type to maintain. Nylon carpets can be easily shampooed and spot cleaned. The carpet might be used as the focal point from which all other colors are chosen for any given space. A coordinating selection of fabrics might combine a textured solid, a stripe, a plaid, or perhaps a geometric pattern. These patterns would be chosen with consideration of the architectural setting depending on whether the house is a modern house or a more traditional house. Likewise, the selections of the furniture would depend on the architectural style of the house. It is important to coordinate the style of the furnishings to the architecture and select your commercially graded textiles, carpets, and window treatments in solids, stripes, and patterns.

After establishing all of the needs for a given space, like a lounge, how would you follow-up with your selections?

At this point, the appropriate furniture, fabrics, and materials for a lounge area should be selected. The systems to be incorporated into the space must be chosen, such as, computers, telephones, and recreational facilities. These should be addressed based upon the list of

needs previously established for that given area. Today, everyone has a computer. Therefore, every designated living space and work station must be fully equipped with a telephone jack and electrical outlet for each computer. The planning of each study space requires the development of a furniture plan for each area prior to any remodeling simply to meet current technical needs. The placement of all electrical outlets, computer outlets, and telephone jacks must be carefully addressed, as multiple jacks, and outlets are needed in each dorm space. The addition of electrical outlets, telephone jacks, and television cabling at the time of any remodeling or construction project is very inexpensive during the construction phase, but can be costly down the road. I always recommend adding more than you anticipate needing because modern technology is always changing.

What types of furniture, in terms of materials, would you suggest for a fraternity house?

Furniture selections for a fraternity house should always be contract grade to guarantee longevity. Case goods should be of solid wood construction without veneer. Desk systems for dorm and study areas should be composed of plastic laminates. Contract grade furniture is ideal in that it utilizes materials that provide strong endurance and simple maintenance, both of which are essential for day-to-day living in a fraternity house.

What materials would you suggest using in a fraternity house?

In terms of materials to be used for a fraternity house, I would say the least expensive way to treat walls

continued on page 37



The formal living room at Purdue University, Indiana Alpha.

Glimpses of the Past—A Celebration of SigEps in the Twentieth Century

As Sigma Phi Epsilon's Centennial Celebration approaches, it is appropriate to spend some time reflecting upon our history. As part of the effort to take stock of SigEp's first 100 years, the *Journal* is pleased to begin a series of vignettes exploring the impact that SigEps have had on the history of the United States and the world.

What follows is by no means an attempt to recapitulate the history of Sigma Phi Epsilon. It is, rather, a look at two of the most significant ways that the men of Sigma Phi Epsilon affected important events of the century.

James Forrestal

The Cold War is one of the defining events of the twentieth century. Lasting for more than forty years, the struggle between the

United States and the Union of Soviet Socialist Republics affected every aspect of American culture from national foreign policy to pop music. There were, of course, many SigEps who had an impact on the struggle between the two major world powers. James V.

Forrestal (Dartmouth College, New Hampshire Alpha '11) was one of the most significant officials in the formation and implementation of America's Cold War policy.

James Forrestal was, as all heroes are, more complicated

than he is often portrayed. To those who hated him, he was little better than a fascist because of his supposed paranoid belief in the danger and subversiveness of communism. Others, like the House Armed Services Committee praised him for being

"able, sensitive, restrained, and farsighted." The truth is probably a synthesis of the two; James Forrestal was certainly one of the most influential administrators in America history and, by the time of his death, his physical and psychological health were in very poor condition.

James Forrestal, born in 1892 in Beacon, New York, was the son of an Irish immigrant who worked in the construction industry. James worked hard to graduate high school and, after three years of work for various newspapers, entered Dartmouth College in 1911. After a year, he transferred to Princeton University from which he never graduated (likely because of financial troubles). Following college, Forrestal joined William A. Read and Company (later Dillon, Read, and Company), a powerful investment firm as a bonds salesman. Forrestal joined the Navy during World

War I and underwent pilot training. Aside from the time he spent there, he remained with Dillon, Read, and Company where he eventually became president. In 1940, President Roosevelt called Forrestal back into public service to serve as the newly created Under Secretary of the Navy.

Forrestal went on to serve as the Secretary of the Navy and as the nation's first Secretary of Defense. Princeton Uni-



James Forrestal,
Dartmouth College,
New Hampshire Alpha
'11, The first Secretary
of Defense

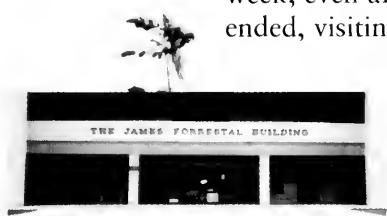


The James Forrestal building in Washington, D.C.

1901	1902	1903	1903	1903	1904	1905	1907	1908
Sigma Phi Epsilon founded at Richmond College	Corporate charter granted by Commonwealth of Virginia	Conclave #1 in Richmond, VA	Publication of <i>Journal</i> authorized by Conclave	First Headquarters located at Billy Phillips' home	<i>Journal</i> #1 published	First Grand President elected — James Oliver, University of Richmond, Virginia Alpha '03	Ritual proposed and ratified	Billy Phillips Elected Grand Secretary

versity named a research facility in his honor. The U.S. government commissioned the U.S.S. Forrestal (an aircraft carrier) and named the building that houses the Department of Energy in Washington, D.C. in his memory. The Pentagon commissioned a bust and a memorial that reads, "This memorial to James Forrestal, as a spontaneous tribute to his lasting accomplishments in providing for national security and his selfless devotion to duty, was erected by thousands of his friends and co-workers of all ranks and stations."

Forrestal was most influential, however, in the National Military Establishment and the formation of a central controlling authority in



the United States intelligence community. He helped craft the National Security Act of 1947, which in many ways still governs agencies like the Central Intelligence Agency, the National Reconnaissance Office, the Federal Bureau of Investigation, and the National Security Agency.

Nevertheless, by 1949 James Forrestal was a very troubled man. In the estimation of the best psychiatric experts available at the Bethesda Naval Hospital, Forrestal suffered from extreme exhaustion, both mentally and physically. The details of his travel logs show that he was what today would be called a workaholic. Forrestal worked seven days a week, even after the war ended, visiting troops and assessing sites for the purposes of national security.

In the end, the stress was so great that even the intervention of his friends and family was not enough to save him. James Forrestal died in 1949 when he attempted to hang himself from the sixteenth floor of the Bethesda hospital and fell to the third-floor covered walkway.



Forrestal seated at his desk in the Pentagon.

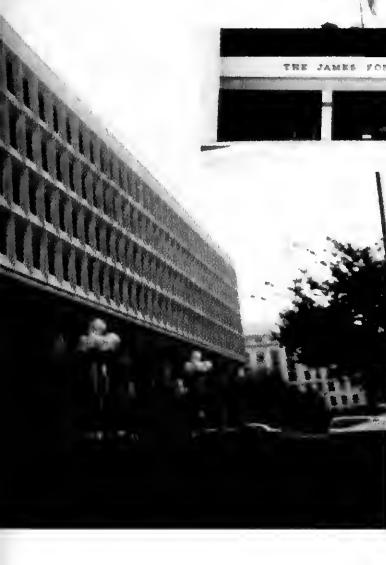
Because he was (in 1949) the highest-ranking American official to commit suicide, conspiracy theories have long surrounded his death. Just before his fatal fall at the Bethesda Naval Hospital, Forrestal was translating some lines of poetry by Sophocles. There are two lines of possible significance. One points readily to suicide; it is the other that is the source of conspiracy theories. The last line Forrestal translated referred to a nightingale, which was also the code name of an American espionage agent inside the communist block.

His life and service were celebrated by a full military funeral, replete with two 19-gun salutes and the Army, Navy, Marine, and Air Force bands. Over 6,000 friends, family members, and admirers attended the

service. James V. Forrestal is buried in Arlington National Cemetery. To learn more about James Forrestal, see Arnold Rogow's biography entitled *James Forrestal*, which was an excellent source for many of the details in this article.

The Bataan Death March

With the bombing of Pearl Harbor in December 1941, the United States officially entered what would become the bloodiest war in the history of mankind, World War II. Though the war's end was celebrated upon the resounding defeat and surrender of the Japanese, the early part of the war in the Pacific saw numerous defeats for the Allies and many dead American soldiers. One of the most horrifying memories of this early



1908	1908	1908	1909	1918	1921	1923	1928	1928
Central Office created	Uniform chapter charter ratified	Coat of arms and flag ratified	Sigma Phi Epsilon becomes charter member of the newly created NIC (National Interfraternity Conference)	NIC prevents War Department from suspending all fraternity activities	Clarence Freeark, University of Illinois, Illinois Alpha '23, made the first traveling secretary	Life membership and scholarship committee created	New York Alpha, Syracuse University paints their doors red and begins the tradition	"SigEp" adopted as official fraternity nickname

part of World War II is the surrender of the Bataan Peninsula in the Philippines.

According to Major Richard M. Gordon, a survivor of the Bataan Death March, Camp O'Donnell, and Camp Cabanatuan, "the American troops captured at the surrender of Bataan represent the largest captured American military force in history." Though there were undoubtedly numerous other SigEps on Bataan at the time of its capture, a 1960's manuscript of Sigma Phi Epsilon History reports that there were ten brothers from the New Mexico Alpha chapter (University of New Mexico) who died on the infamous Death March. In the early days of the war, many SigEps from across the country joined the various military forces and the New Mexico chapter was no different. As with many chapters, so many men served that few were left to maintain the chapter. Many chapters struggled to survive and some did not make it. The events on Corregidor deeply affected not only the New Mexico Alpha chapter, but also the consciousness of the entire nation.

Bataan is a peninsula on the island of Corregidor and was isolated except for one road that

led north to San Fernando, Pangpanga. When the American Forces surrendered, the Japanese captors gathered the POW's at Mariveles, the southernmost tip of the Bataan Peninsula. Though there were plenty of American trucks available to transport the exhausted and (often) malnourished soldiers, the Japanese captors opted to march the POW's 55 miles north to the train station at San Fernando. Along the intense, two-day journey, the soldiers were not given any food or water. Many were subjected to brutal torture and excruciating deaths. Upon reaching San Fernando, the POW's were loaded into train cars so full that the dead had no place to fall and were shipped another 24 miles to Camp O'Donnell. Because Camp O'Donnell was ill equipped to handle so many soldiers, the unsanitary conditions precipitated the death of approximately 1,600 America soldiers.

Many SigEps gave their lives for their country throughout the numerous military conflicts of the twentieth century. By remembering those who gave their lives on the Bataan Death March, we honor all of the men who have "made the ultimate sacrifice." ◉

Celebrating SigEp's Centennial

Each chapter and its alumni, as part of conclave legislation to celebrate Sigma Phi Epsilon's Centennial, are encouraged to complete one of the following projects to celebrate our 100-year anniversary:

- Commit to a publicly visible initiative to improve the chapter facility such as wiring the chapter for internet access or installing a work-out facility.
- Establish an award to be presented each year to the faculty or community member at your college or university who is most involved with an extra-curricular student organization. For example, create the "Sigma Phi Epsilon Outstanding Faculty Member Award" and present it every year.
- Carry out a lasting campus improvement underwriting a cultural event on the campus highlighting Sigma Phi Epsilon's commitment to diversity.

All projects should be completed by November 1, 2001. These Centennial projects will be showcased at the Carlson Leadership Academies, in the Spring *Journal*, and at the 2001 Grand Chapter Conclave in Washington, D.C.

Please submit your project ideas and accomplishments to Sigma Phi Epsilon's Zollinger House at:

Sigma Phi Epsilon's Centennial Celebration
310 South Boulevard
Richmond, Virginia 23220

SigEp's Centennial Logo

Sigma Phi Epsilon's official Centennial logo was designed by Catherine Woody of Richmond, Virginia. Catherine is a student in the Design Center in the School of Arts at Virginia Commonwealth University. As part of a class project, Catherine's logo was chosen to serve as SigEp's official logo.



Sigma Phi Epsilon
1901 - 2001

You can download the Centennial logo by going to www.sigep.org.

1933	1935	1938	1940	1942	1943	1944	To be continued in the Spring 2001 Journal
Sigma Phi Epsilon Manual published in preliminary edition	Regional Leadership Schools begun	Sigma Phi Epsilon comes into Theta Upsilon Omega	Ritual revised	Uncle Billy retires and Herb Heilig (Lawrence University, Wisconsin Alpha '21) named Grand Secretary	Bill Hindman (University of Pennsylvania, Pennsylvania Delta '39) named Executive Director of William L. Phillips Foundation	Herb Heilig resigns and Bill Hindman is named Grand Secretary	

Celebrate SigEp's Centennial

with your copy of

Our Journey of Brotherhood: Sigma Phi Epsilon's First Hundred Years



Our Journey of Brotherhood: Sigma Phi Epsilon's First Hundred Years chronicles SigEp's history from its beginning in 1901 at Richmond College with 12 men to the present, with more than 225,000 initiated members at over 260 campuses nationwide. This 152 page hard-back book reflects upon SigEp's past as a means to appreciate the many accomplishments of our members, our leaders, and our great Fraternity.

To order this special book, complete the form on this page, call (804) 353-1901, or go to www.sigep.org.

Please send me a copy of the limited edition *Our Journey of Brotherhood: Sigma Phi Epsilon's First Hundred Years* to the following address:

NAME (Please Print)

ADDRESS

APT. #

CITY

STATE

ZIP

Please send this form and your personal check to:

Please accept the enclosed \$40.00 personal check to *Sigma Phi Epsilon Fraternity Headquarters*
 Please charge \$40.00 to my credit card

Credit Card (Please Circle): American Express Visa Mastercard

Sigma Phi Epsilon
Zollinger House
310 South Boulevard
Richmond, VA 23220

CREDIT CARD NUMBER

EXP. DATE

SIGNATURE



Striving to attain SigEp's Balanced Man ideal involves the development of a sound mind and a sound body. Because the body is the vessel of the mind, one must have a strong, healthy body in order to have a sound, healthy mind. The lives of seven SigEps profiled here exemplify this Balanced Man ideal.

Richard Vidal Health/Fitness Advocate and "Student of the Year"

As the Student Government Association's director of health, Richard Vidal (Florida State University, Florida Epsilon) designed programs to create a more student-friendly environment at FSU's Thagard Health Center, and he coordinated events such as Health and Fitness Awareness Week. His dedication to health services resulted in his being named Student Advocate for the American College Health Association.

Richard also performs in the classroom. As a senior in biology, calculus, and pre-medicine with a 3.56 GPA, he was selected by *Florida Leader* magazine and a

LIVING THE BALANCED

statewide panel of judges as the "2000 Florida College Student of the Year." He was first runner-up for FSU's 1999-2000 Homecoming Chief, was named SigEp's "Brother of the Year," and led the Florida Epsilon chapter to win the Interfraternity Council Service Award.

Balancing priorities and using time wisely have helped him reach his goals. "I want to continue to be a balanced individual in academics, leadership, and research, and stay happy."



Richard Vidal,
Florida State University,
Florida Epsilon

Baker, Kopach, Lupo, and Tackbary Mental and Physical Prowess in the Little 500

According to *ESPN* magazine, Indiana takes its bike racing seriously, which makes IU's Little 500 not just any bike race. Launched in 1951, the Little 500 features more than 30 teams of four pedaling 200 laps around a quarter-mile track. Hoosiers call it the "World's Greatest College Weekend."

Enter four Indiana SigEps: Jason Baker, Steve Kopach, Andy Lupo, and Jett Tackbary. They started preparing for the race the previous summer when Baker and Tackbary stayed at school to pump their way across Indiana's vast terrain. When he wasn't on his bike, Tackbary studied training methods and diets. During his fall semester in London, Tackbary mapped out a day-by-day training schedule for his team of brothers.

He rejoined his teammates in Florida in January, putting his training regimen into gear. They each logged 600 miles in a week. Then, still in the dead of winter, the SigEps returned to Bloomington, Indiana where they spent at least 20 hours a week in their stirrups, the maximum time allowed NCAA scholarship athletes. In March, a month before the race, while others were just pulling their bikes out of storage, they returned to Florida for time trials, interval training and endurance testing.

In total, each man rode 3,400 miles between January and April.

In the spring on April 24, race day, the SigEps stayed near the front, a strategy most teams avoid to keep others from drafting behind them.

On lap 190, SigEp was hanging in second. Kopach took the final exchange from Baker. By Turn 2 he sprinted to the lead. For the last

Indiana's Baker, Kopach, Lupo, and Tackbary victors at the Little 500.



MAN IDEAL

three laps he hugged the inside until he crossed the finish line. During the victory lap, Kopach pointed to his brothers, then to the 17,000 screaming fans. Finally, as he entered the turn where he captured the lead for good, he pointed to his parents.

Justin Bronder Top Cadet at the Air Force Academy

In the fall of 1998, the Texas Gamma chapter at Texas Christian University recruited 26 new members. It was the largest new member fraternity class of the year, and it was an exceptional group that caught the eye of the entire campus.

Perhaps the most exceptional of all was Timothy Justin Bronder, a



Justin Bronder,
Texas Christian University,
Texas Gamma

brother Matt Singer. "Deep down, he was every bit of the person he appeared on the outside: dedicated, and definitely of sound mind and body."

One of Justin's life-long goals was to follow in his father's footsteps and attend the U.S. Air Force Academy. In April of 1999, he got his chance. It was a Presidential Appointment, one of a few given each year to applicants with the most impressive credentials. Justin's decision to accept the

appointment and leave

TCU was a tough one for him and for his SigEp brothers. Several joined together and bought him a gold heart engraved with "Virtue, Diligence and Brotherly Love." He

"This was an indispensable form of inspiration for me and for other brothers," says chapter brother Matt Singer. "Deep down, he was every bit of the person he appeared on the outside: dedicated, and definitely of sound mind and body."

well-mannered young man from Colorado Springs, Colorado. Justin had an uncanny ability to balance studies with a rigorous workout schedule, yet find time to enjoy himself with friends. He was up and going shortly after dawn and, when he was not studying computer science, he was working out or on one of his 10-mile runs. He finished the fall semester with a 4.0 GPA.

"This was an indispensable form of inspiration for me and for other brothers," says chapter

selected that gift as one of the seven personal items he was allowed to bring to the Academy.

But the story doesn't end there. Upon completion of basic training, Justin was one of three cadets awarded the Commandant's Pin for top-flight physical condition and prowess. Then, out of 1,300 cadets, he finished the year number one in grade point average, physical performance average and military performance average! He was even nominated for freshman of the year.

Chris Sapp Tackling Classroom and Gridiron Challenges

Chris Sapp (Indiana State University, Indiana Delta) has the ability to rise to the occasion in the classroom and on the playing field. His high school grades earned him an Indiana State University Presidential Scholarship, an honor he received as an incoming freshman. On the football field at ISU, the 6-feet-2, 205-pound junior is a top-ranked tackler, has played in every game since arriving on campus, and was a starter throughout the 1999 season.

"He's a very intense football player, and he's a very intense student," says ISU Coach Tim McGuire.

Because Brother Sapp's Presidential Scholarship covers expenses that otherwise might come from an athletic scholarship, the athletic department is able to help another deserving player who may be receiving only partial aid. "He's helping our football team not only as a player, but also by helping teammates get their schooling paid for," McGuire said.

Like many college players, Chris has not eliminated the dream of a professional career. But he is not banking on it. Chris recently received the "Jerry Stroud Leadership Award" from his SigEp brothers.



Chris Sapp,
Indiana State University,
Indiana Delta



John C. Petricciani, MD,
National Health Chairman,
Rensselaer Polytechnic Institute,
New York Delta '58

From Dr. Petricciani, SigEp's National Health Chairman

Sigma Phi Epsilon has established a Men's Health Committee to help focus attention on the importance of health and ways in which each of us can make real differences in our own lives. The four members of the Committee are: Richard Allen, MD (University of Oregon, Oregon Beta '58), Alston Blount, MD (Davidson College, North Carolina Epsilon '54), Jay Harness, MD (University of Arizona, Arizona Beta '65), and John Petricciani, MD (Rensselaer Polytechnic Institute, New York Delta '58). Each doctor has a different background in medicine, and each will bring different perspectives to the issues concerning men's health.

Dr. John Petricciani will serve as the chairman for the committee. Dr. Petricciani is currently Senior Vice President for Medical and Regulatory Affairs at CancerVax, a company in Southern California that is developing therapeutic cancer vaccines, with a primary emphasis on malignant melanoma. Previously, he held senior research, medical, and administrative positions in the public and private sectors including the U.S. Food and Drug Administration, the World Health Organization, and Genetics Institute. In addition, he was adjunct professor of genetics at the George Washington University.

I am looking forward to working together with the Men's Health Committee and the Headquarters staff to provide medical perspectives and tips

on health. In particular, I am looking forward to contributing to the various sound body activities and projects that are currently in place.

The committee strongly supports the Fraternity's decision to provide the monthly magazine, *Men's Health*, to each chapter. It is an excellent source of information on exercise, fitness, nutrition, and a variety of health-related issues that are important to be aware of. The committee urges you to read it.

We encourage you to have an annual physical exam. Seeing your doctor for a physical exam every year will allow you to identify and meet possible challenges to your health before they arise and become dangerous.

Over the next few pages you will see articles that contain tips on how to develop a sound body. In particular, please take the time to complete the Body Mass Index (BMI) on page 17. Dr. Blount has contributed this index for you to measure your physical wellness. Take advantage of this opportunity.

As we begin to further define our role and activities, the Men's Health Committee will have more specific health-related messages for you in the future. In the meantime, we hope that you will send your comments and suggestions to Russ Stephens, Director of Programming at russ.stephens@sigep.net.

John C. Petricciani, MD

SigEp Sound Body Wellness Tracker

Your long-term health can be sustained through a system of three components:

Personal Health Database—Early Detection—Prevention

The Wellness Tracker is where you build your personal database and keep it up-to-date.

Name _____

Height _____ (In inches)

Weight _____ (In pounds)

Body Mass Index (BMI)

1. Divide your weight in pounds by your height in inches.
2. Divide the result by your height in inches.
3. Multiply the result by 703.

The result is your BMI. If your BMI is 25 or above you need to be concerned about your long term health and pursue a more aggressive sound body program.

Other key elements in your personal database:

Blood Pressure _____ target is 120/80

Cholesterol _____ target is below 200

HDL (good) Cholesterol _____ above 60

Blood Glucose _____

Testicles clear of irregularities? _____ check often

What should you be doing:

Build a family history: high blood pressure, diabetes, colon cancer, stroke, prostate cancer, skin cancer.

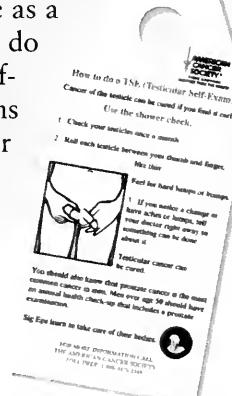
Keep a personal log to build and update your personal health database.

Overall prevention includes: safe sex, reasonable alcohol use, no tobacco or drugs, reasonable exposure to the sun, and plenty of exercise with a sensible diet. Aerobic and anaerobic activity at least three times a week, an annual physical exam, and an annual dental check up.

Early Detection of Testicular Cancer

Men in their 20s and early 30s face the greatest risk of developing testicular cancer: 95% of the nearly 7,000 cases diagnosed each year fall within this age group. As in the case of breast cancer in women, early detection of testicular cancer is the key to survival, and self-examination is the first line of defense in both men and women.

Thanks to a grant from the Sigma Phi Epsilon Educational Foundation, shower hangers (see below) were sent to all of our chapters to serve as a reminder to do frequent self-examinations for testicular cancer.



Making Your Workouts More Effective

Ten ways to make your workouts more effective:



Goal Setting

Set a goal. "I want to lose 20 pounds". "I want to bench press 160 pounds". Never set yourself up for failure with goals that are out of reach. Be reasonable.



Attitude

Start with a positive attitude. Do not look at going to the gym as being a chore. When you start dreading your fitness time something is wrong. Find a routine that is exciting and makes you feel good every day.



Greater Purpose

Exercise for something more, exercise for your health or to look good for those alumni reunions or beach weekends with your brothers. Create a purpose and constantly remind yourself about the purpose of your workout.



Music

Get into a rhythm; it makes the adrenaline flow and your workout more efficient. Many new personal sound systems are now catered to working out. These systems strap to your waist or bicep avoiding the inhibiting effects of a chunky tape player.



Partner Up

Working out is about motivation. Find a brother that has similar interests and fitness goals. The two of you can challenge and motivate each other in positive ways.



Vary Your Exercises

In order to avoid getting into the workout rut, vary your exercises. This forces different parts of different muscles to get a good workout. Not only does this stimulate muscle gains, but it makes your post-workout swell last longer.



Cross Train

Do not only lift weights. Try to jog, cycle, participate in intramurals, or any other aerobic activity that complements your workout. Have fun.



High-Low Intensity

Vary the levels at which you workout. Change weights and repetitions from day to day. Work out for thirty minutes on one day and for two hours on the next day. Other variables in the high-low plan include rest and recuperation along with the time between sets.



Being a Visionary

When you look into the mirror what do you see? Envision yourself in the best shape of your life when you are working out.



Recuperation

The most important part of an effective workout is rest. Without proper nutrition and sleep, your goals will never be attained.

Going the Extra Mile

To Improve Your Work Out Efficiency

We have all heard the saying, "Thirty minutes of moderate exercise most days of the week is vital for good health". However, "going the extra mile" and exercising more than the recommended minimum will maximize the benefit to your health. As one public health authority puts it,

"Light exercise is better than being sedentary, moderate exercise is better than light, and vigorous exercise is better than moderate." Many studies show that more exercise adds up to more protection against disease and gives you greater strength, flexibility, and endurance.

Are you ready to push yourself a bit? Increase one or more of the three elements of exercise: frequency, duration, and intensity. The recommendations below are based on guidelines from the American College of Sports Medicine (ACSM).

Raise a Sweat. Increasing the intensity of your workout could be the main key to better health. Superhuman efforts are not required. You simply need to exercise vigorously enough to raise a sweat and feel your heart beating rapidly for a 20-minute period (not including warm-up and cool-down). Moving from moderate to vigorous could be as simple as increasing your walking pace from three-to-four miles per hour to four-to-five miles per hour or maintaining your regular pace, but walking uphill.

Do More, More Often. The ACSM suggests three twenty-minute sessions per week at the outset of your "extra mile" program. Within six to eight weeks, you can consider longer and more frequent workouts. Four times a week for 40 minutes at a time appears to give optimal benefits. Keep in mind that recent studies suggest even a single "sweat session" a week provides increased protection against a stroke.

Set Realistic Goals. Remember that your aim is better health, not a professional sports contract. Setting specific goals that will provide a challenge while remaining within your reach makes it more likely that you will stick with a consistent program.



Ryan Hurley (University of Georgia, Georgia Delta) is a member of UGA's track team.

Sigma Phi Epsilon Partners with TIPS to Educate Members on Alcohol Consumption

Undergraduates at the 1999 Grand Chapter Conclave passed legislation on the implementation of a program that would educate members on responsible drinking and to train members on important intervention techniques that are effective in preventing alcohol related incidents.

The TIPS (Training for Intervention Procedures) program was selected. There are four segments participants are involved in during the TIPS training program.

- The first segment addresses educational issues such as alcohol absorption rates, SigEp's policy on risk management, state laws and related educational issues.
- The second segment trains participants to recognize different levels of intoxication.
- The third segment addresses the process of intervention and highlights both good and bad intervention techniques.
- The last segment is a hands-on segment where participants practice intervention skills.

As part of the legislation passed at the 1999 Grand Chapter Conclave, all undergraduate chapters must be 90% TIPS certified by the 2001 Grand Chapter Conclave, and remain 90% TIPS certified every year after that. Those chapters that are not 90% certified will have alcohol-free common areas until they are 90% TIPS certified. Furthermore, chapters that are not TIPS certified by 2001 will be surcharged 5% on their liability insurance billing.

The process to set up a training session for your chapter is very easy. Simply contact Jason Daunis at Headquarters at 804-353-1901, ext. 335 or via e-mail at jason.daunis@sigep.net. For more information go to www.sigep.org.





Taking time to be healthy – in the car!

Take into account some of the following tips on your next business trip, vacation, or trip home to keep your sound body from becoming a soft body.

Driving Actively

The first step in stopping the road trip flabby blues is identifying the problem; your caloric intake. The Federal Health Administration reports that an average person needs around 1500 calories if driving all day. There is no need to bombard your body with calories. Once in your body they become stored energy in the form of fat and sugars.



Roadblocks

Choose restaurants wisely. We are all guilty of the "Super Size" temptation. Avoid "Triple-Bacon Cheeseburgers" or "BigXtra" meals loaded with fat and calories.

You will probably get thirsty. A "Great Biggie Sized" soda would be great. Both diet and caffeine free sodas cause numerous roadside trips leaving you dehydrated and thirsty. Water is the best for quenching a thirst.

AAA for the Body

Creativity is key here. The first major factor is your choice of restaurants. Look for restaurants like Subway, Blimpie or Wendy's that allow you to build your own meal. Choose light mayo or salad dressing, leave the bacon bits or croutons off, and forget the cheese.



Ask for a listing of nutritional information. Have a look at this information to see where your food choice stands.

Have a bit more time? Try an establishment that has a salad or food bar. Avoid those high fat foods and lean more toward the fruits and vegetables.

Do not get rid of all the fat. Once all of the fat is gone, your body will not be satisfied, persuading your stomach to yell it's still hungry. A little fat is good; it lubricates the joints and supplements your energy storage.

Going Empty?

Stopping for gas? Be careful what snack foods that you pick. Candy bars and bags of chips are huge providers of fat and lots of calories. Find alternatives like granola bars, yogurt, trail mix, baked chips, and fruit.



Bon Voyage!

Keep your mind on what you are looking at when planning your stops and meal plans. Go to the grocery the day before you leave and pick up some cereal bars, fruit, and water.

Bananas, apples, and oranges are great fruits for travel. Frozen bottled water will remain cold throughout the day. Have a great trip!



Bringing Sound Body Home



University of Florida - Florida Alpha has new fitness and exercise equipment and has donated its old weight room equipment to Florida Beta at Stetson University—actions that will help both chapters make strides toward the Balanced Man ideal.



University of Washington - Washington Beta has a fully-equipped fitness facility. The facility is available to members 24 hours a day, seven days a week.

Cancer Champions Made Every Day

Dear Friends of Sigma Phi Epsilon,

Cancer is a disease that touches us all. More than one million Americans are diagnosed with cancer every year, making the odds of cancer striking close to home pretty likely. No doubt you, a family member or someone you know has been affected by cancer. I'm proof that everyone is at risk for cancer.

I was a 25 year-old competitive bicyclist in prime condition when I was diagnosed with advanced testicular cancer. I had been denying my symptoms for several months, blaming my soreness and fatigue on tough training. By the time I was diagnosed, my cancer had spread to my lungs and brain, leaving me with a very grim prognosis. The initial shock of this news paralyzed me with fear, but not for long. I soon took charge of my disease treatment the same way I should tackle a difficult racecourse. I moved forward with brain surgery to remove two tumors, and an aggressive course of chemotherapy, and regained control to defeat my cancer. I returned to the sport I love, and two years later I won the 1999 Tour de France international bicycle race.

As an athlete, I must know my competition. It's the same with cancer. Knowing and recognizing the warning signs and obtaining prompt medical attention can save your life. Learning about your disease can help you manage and live with your illness. Building a relationship with your treatment team can make you a player instead of a spectator.

I am no expert on cancer. I can't tell you everything you need to know about your illness. I can, however, share with you the strategy that worked for me in a language I know: cycling. Which is why I call this campaign the Cycle of Hope.

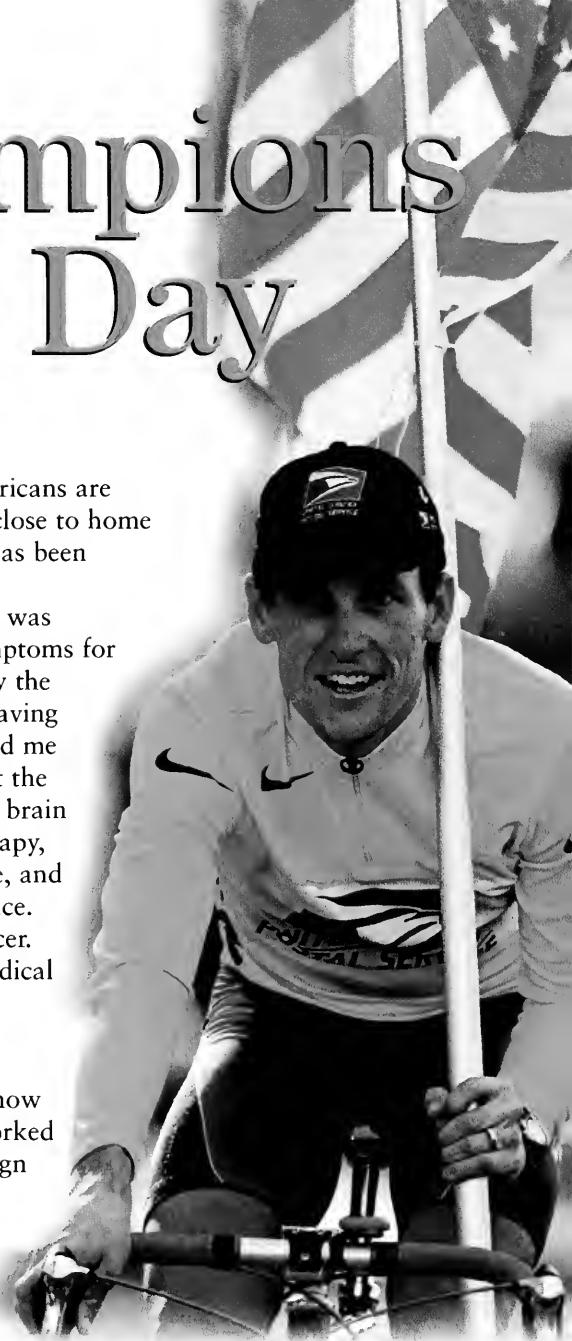
I attribute much of my success in beating cancer to educating myself on my disease and finding the right doctors and chemotherapy regimen for me. My treatment included three drugs made by Bristol-Myers Squibb – the world's leader in cancer research and development.

In 1996, in order to help others, I established the Lance Armstrong Foundation, which is dedicated to helping people manage and survive cancer. The Foundation funds scientific research leading to better ways to detect and eventually, cure cancer. The Foundation and I have teamed up with Bristol-Myers Squibb to educate people on the importance of early cancer detection, the proper treatment, and hope – always hope – no matter what the circumstances.

Cancer was not only the toughest opponent I've ever faced, it has also been the best and most rewarding race I've ever won. Good luck to each one of you.



Lance Armstrong
Cancer Survivor
1999 and 2000 Tour de France Champion



Lance Armstrong – testicular cancer survivor and Tour de France Champion

877-717-HOPE
www.cycleofhope.org

C Y C L E O F
H O P E
LANCE ARMSTRONG FOUNDATION
AND BRISTOL-MYERS SQUIBB

From Dr. Joel Anderson

Philosophy Professor and Missouri Beta (Washington University) Faculty Advisor

I recently had the opportunity to meet with Grand President Bill Tragos and the Regional Directors in Richmond for a workshop on the roots of the “Balanced Man” ideal in Greek philosophy. We had a wonderful discussion, and I think we all were struck by the many connections. Although I was never a member of a fraternity, I have had the sense that fraternities hold out the promise of being communities that enable men to live up to their highest potential, what the ancient Greeks called “excellence” and “flourishing.” And that is why I have agreed to be the faculty advisor for the Missouri Beta Chapter.

In my remarks in Richmond, my goal was to offer some useful ways of articulating the value of balance and of expressing the potential for achieving balance through participation in a tradition and a community of brotherhood. Too often, we lack the words to say what we care deeply about. This was not much of a worry for the ancient Greeks. They paid great attention to discussing what made a life good, and they put great stake in rituals that reaffirmed their values, from the Olympic games to performances of tragic plays. These days, we may find ourselves tongue-tied when someone asks, “So, what is so meaningful about being a SigEp? What is rewarding and fulfilling about the Balanced Man Program?”

There are two very different ways of answering the question of what makes something valuable, and the ancient Greek philosophers would have been the first ones to insist that we make the right distinctions and clarify our terms. We need to distinguish valuing something for its own



Dr. Joel Anderson, Adjunct Assistant Professor in the Department of Philosophy and Assistant Dean in the College of Arts and Sciences, Washington University, St. Louis, Missouri, Graduate of Princeton

sake (“intrinsically”) from valuing it in order to get something else. Take the example of health. Why do you want to have good health? Why is health important? One sort of answer – the instrumental answer – focuses on the benefits of good health. If your body is fit, well fed, and well rested, you can achieve much more: better grades, more dates, success in sports, the job of your dreams, and so on. In this sense, health allows you to get something else; it is an instrument to other things. But there is another way of valuing health, one that the ancient Greeks prized. One can also value health intrinsically and directly, because being healthy is part of a high-quality life. It’s not a just means to another end; health itself can be the goal. It can be thought of as part of what it is to be a flourishing specimen of the human race, as exhibiting human excellence.

The same is true for the ideal of being a “Balanced Man.” Balance has instrumental value in that it helps you be more effective in reach-

ing your goals. A healthy body is part of that and has real benefits. But balance also gives you stability and a sense of integration that can make you more resilient, so that you can stay focused and take disappointment in stride. In our fast-paced, high-pressure world, we have a tendency to “binge” on all sorts of things. We throw ourselves into weightlifting or dieting or a relationship or a job or studying for one particular exam, and then we throw ourselves into the next thing. The problem with this “binging” – and with our society’s “work hard – play hard” mentality in general – is that these binge-and-bust cycles leave us vulnerable to losing our balance. When you no longer are on an even keel, you can easily get sunk. As the ancient Greeks understood, the good life requires balance and “moderation in all things”.

Much harder to express, however, is the intrinsic value of something, because you often can appreciate it only after you have achieved it. It’s hard to explain to someone who is out-of-shape just how vital and alive you feel when your body is strong and fit. It’s hard to explain to someone who has a binging mentality how confident and centered you feel when your life is in balance. And, as several seniors in Missouri Beta recently said to me, it’s hard to explain to freshmen what it means to be a SigEp until you’ve been a part of it for awhile.

It may sometimes be hard to explain what makes it intrinsically valuable and meaningful to be a Balanced Man, but it is crucially important. For if you don’t find a way to get across the intrinsic value, all you have to offer are a package of bene-

The Lessons of Greece

The following excerpt was taken from Stephen Bertman's, Professor of Classics at the University of Windsor in Ontario, keynote address Athens, Rome, and Jerusalem: The Western Legacy from Ancient World, Canadian Symposium on November 14, 1999.

"To begin with what are the teachings of ancient Greece?

First, that our lives are brief and fragile and, as such, too precious to waste. This lifetime is the only one we will ever have.

Second, that we do not know who we are until we take time to discover who we can be. Hidden within us is unrealized potential. Hidden within us is a self we have yet to become. Thus, the ancient Greeks ask us to be more today than we were yesterday, more tomorrow than we are today.

Next, that we can only become that self with effort, with struggle. Like the epic hero Ulysses, each of us has a special odyssey to undertake, a voyage across the sea of time.

We cannot undertake the voyage alone. We will need the help of others, the love of others, to reach port. And they will need our help and our love if they are to sail with us.

There will be obstacles along the way and temptations—great obstacles and great temptations. There will be the temptation to give in to the current, to yield to the waves, to abandon our dreams and drown. The greatest obstacle, the greatest danger, will not lie outside us, but within: our willingness to remain who we were rather than to become who we can yet be. Our greatest enemy is the enemy within, for hidden within us are dark and destructive emotions. But hidden within us also is the light of reason that can lead us to the dawn.

We must live with passion but beware of seduction. If forced to choose between a life of passionate commitment and a life of ease, we must elect passion over comfort. What matters most is not the gratification of our nerve endings but the nourishment of our soul, for that is what separates us—and always will separate us—from the animals.

Professor Bertman's address, "The Lessons of Greece," seems closely tied to our cardinal principles. It explains the ancient Greeks' love of knowledge (*philo-sophia*) as an active lifetime quest that enables a man to live his best possible life. The cardinal principles can be seen in several passages, as follows:

- To make the most of our God-given time is to live a virtuous life—**VIRTUE**.
- To become our best self is a struggle that requires—**DILIGENCE**.
- And finally, that this lifelong pursuit has a better chance of succeeding if it is encouraged by love—**BROTHERLY LOVE**.

In our quest to be a Balanced Man—building your mind and body—plays a vital role in having a great life and good soul. Living by our cardinal principles is a necessary concomitant. It may not be easy, but if we encourage each other to take this journey, it will be a wonderful experience.



fits. Those are important, but if that's all you're offering, then the Fraternity ends up being a service provider. You're saying, "Here's what we can do for you." But that's not the basis for a strong community. Because when people feel they no longer need that service or that they can get it somewhere else, then they are not going to need you.

Instead, what a strong community needs is a sense of purpose that goes beyond meeting specific needs. And this is something that tradition and ritual can provide. This is a matter of understanding oneself as a thread that is woven into a larger tapestry, strengthening the whole but only as one among a whole network of brothers. If what I am saying here is right – and the ancient Greeks would, I think, have agreed with me – then chapters would be well-advised to reflect regularly, perhaps in preparation for recruitment, on the value of being part of the SigEp community.

The ancient Greeks believed firmly in the importance of strong communities for a life of excellence. Aristotle famously said that part of what distinguishes humans is that we are "political animals." He would say that a SigEp chapter striving to reach the ideals of the Balanced Man needs to become a "political animal house" – not in the sense of a certain frat house at Dartmouth, but rather in the sense of a community of brothers who support and challenge one another to develop excellence and to flourish as human beings. That is a goal that Socrates, Plato, and Aristotle would have strongly endorsed.



With the holidays right around the corner and dozens of presents to buy, you are faced with some potential debt. Well, this is a chance for SigEp to help you keep from getting those post-holiday credit card blues and enhance your mind at the same time.

Submit an entry to the "SigEp Sound Mind Essay Contest" for a chance to win a top prize of \$500. But do not worry, there is more than one chance to win; second prize is \$300 and third prize is \$100.

So, how can you enter? It's simple. Write an essay, not exceeding 1,000 words, relating the poem on the right, *Ithaka*, to the three cardinal principles of Sigma Phi Epsilon: Virtue, Diligence, and Brotherly Love. Not only will the winning essay receive \$500, but it will also be published in the next issue of the *Journal*.

The deadline is January 14, 2001. Please send your essay to Russ Stephens, Director of Programming, at Sigma Phi

Epsilon Headquarters,
310 South Boulevard,
Richmond, Virginia,
23220.

Questions?
Contact Russ Stephens at
(804) 353-1901, ext. 315
or via e-mail at
russ.stephens@sigep.net.

Sound Mind Essay Contest

Win \$500

ITHAKA

As you set out for Ithaka
hope the voyage is a long one,
full of adventure, full of discovery.
Laistrygonians and Cyclops,
angry Poseidon—don't be afraid of them;
you'll never find things like that on your way
as long as you keep your thoughts raised high,
as long as a rare excitement
stirs your spirit and your body.
Laistrygonians and Cyclops,
wild Poseidon—you won't encounter them
unless you bring them along inside your soul,
unless your soul sets them up in front of you.

Hope the voyage is a long one.
May there be many a summer morning
when, with what pleasure, what joy,
you come into harbors seen for the first time;
may you stop at Phoenician trading stations
to buy fine things,
mother of pearl and coral, amber and ebony,
sensual perfume of every kind—
as many sensual perfumes as you can,
and may you visit many Egyptian cities
to gather stores of knowledge from their scholars.

Keep Ithaka always in your mind.
Arriving there is what you are destined for.
But do not hurry the journey at all.
Better if it lasts for years.
so you are old by the time you reach the island, wealthy
with all you have gained on the way,
not expecting Ithaka to make you rich.

Ithaka gave you the marvelous journey.
Without her you would not have set out.
She has nothing left to give you now.

And if you find her poor, Ithaka won't have fooled you.
Wise as you will have become, so full of experience,
you will have understood by then what these Ithakas mean.



SigEp Scholars

The following is a list of SigEps who were inducted to Omicron Delta Kappa in the 1999-2000 academic year. Omicron Delta Kappa honors graduate and undergraduate women and men who are in the top 35% of their class academically and who show leadership in one or more of five phases of college life: scholarship; athletics; campus or community service, social religious activities, and campus government; journalism, speech, and the mass media; and creative and performing arts.

Omicron Delta Kappa

James A. Baker	George B. Noel	Jordan S. Ginsberg
Neil G. Burton	Jason B. Ozier	Craig J. Compagnone
Robert J. Powell	Jacob A. Palmer	Jason W. Nugent
Michael A. Wall	Rick Milone	Edward L. Robinson
William C. Doukas	Kevin J. Foral	Andrew P. Merfeld
Gopi J. Nadella	Mark A. Birmingham	Michael J. Roberts
Adam A. Petrus	Augustus R. Herring	Steven Rees
Meader W. Harriss, III	Andrew Wong	Michael J. Clegg
Joseph D. Beaudoin	Anthony J. Apicella, Jr.	Scott E. Leake
Gabe A. Sander	Jamian S. Coleman	Daniel P. Ogle
Matthew C. Wilhjelm	William L. Titsworth	John C. Ayres
Micheal M. Plostock	Eric R. Sauthoff	Matthew C. Franker
Casey S. Garrett	Stephen M. Campbell	Keith A. Elmy
Chris T. Dempsey	James S. Lindsay	Mark E. Nichols
Marc A. Samuel	Aaron M. Daniels	Brian N. Chambers
Jose F. Diaz	Nathan J. Hole	Robert A. Pavalko, II
Jeffrey R. Geldens	Gregory A. Gladstone	Kristopher G. Tillman
Matthew J. Mesko	Jeffrey K. Cook	Bryan W. Welker

Phi Beta Kappa's Wheelhouse

The following SigEp chapters with cumulative GPAs of a 3.15 or higher for Fall 1999 or Spring 2000 are in Phi Beta Kappa's Wheelhouse. Phi Beta Kappa's minimum GPA requirement is a 3.5 and these chapters are within 10% of that standard with a 3.15 GPA or higher. Thirty-seven chapters are in the Wheelhouse for the 1999-2000 academic year.

Fall 1999

PA Mu	Temple University	3.67
SD Alpha	South Dakota State	3.60
IL Mu	University of Chicago	3.53
NH Alpha	Dartmouth College	3.52
NY Phi	Columbia University	3.41
University of Illinois SEC		3.38
NC Epsilon	Davidson College	3.33
Syracuse University SEC		3.32
MO Beta	Washington University	3.30
OH Tau	Denison University	3.26
George Washington University SEC		3.25
OH Sigma	Case Western Reserve	3.25
FL Alpha	University of Florida	3.23
WA Beta	University of Washington	3.22
NY Xi	University of Rochester	3.17
MI Alpha	University of Michigan	3.16
NE Delta	Creighton University	3.16
PA Kappa	Bucknell University	3.16
FL Gamma	University of Miami	3.15

Spring 2000

MA Delta	MIT	3.89
NH Alpha	Dartmouth College	3.46
NE Alpha	University of Nebraska	3.32
Syracuse University SEC		3.31
University of Illinois SEC		3.30
PA Delta	University of Pennsylvania	3.29
KS Delta	Washburn University	3.28
LA Alpha	Tulane University	3.27
NC Epsilon	Davidson College	3.26
FL Alpha	University of Florida	3.25
OH Tau	Denison University	3.24
PA Kappa	Bucknell University	3.23
KY Gamma	Kentucky Wesleyan	3.19
KS Alpha	Baker University	3.19
MO Beta	Washington University	3.19
NY Xi	University of Rochester	3.17
Drake University SEC		3.16
FL Gamma	University of Miami	3.16

ver the years, Sigma Phi Epsilon's traditions of leadership and service have been exemplified in government by brothers such as the late James V. Forrestal (Dartmouth College, New Hampshire Alpha '11), the nation's first Secretary of Defense, the late Ronald H. Brown (Middlebury College, Vermont Beta '62), former Secretary of Commerce and former chairman of the Democratic National Committee, and the late Mills E. Godwin, Jr. (College of William & Mary, Virginia Delta '38), two-term governor who changed the course of Virginia history.

Today, more than ever, SigEps are involved in careers in politics and public service, from the grassroots to the Oval Office.

SigEps in Our Nation's Capital

As an undergraduate English major, Douglas J. Band (University of Florida, Florida Alpha '95) never dreamed he would be working in the Oval Office as personal aide and executive assistant to the President of the



United States. Among other things, he organizes and directs President Clinton's daily schedule, reviews and updates briefing materials, and serves as a "loyal shadow" glued to the president's side throughout the day and on domestic and international trips.

Brother Band began working at the White House in the fall of 1995 in the Office of the Counsel to the President. He began filling



SigEps in



in as part-time personal aide to the president in 1997, and early last year he moved full-time into arranging presidential and first lady travel and events outside the White House. He was named the President's Aide in June 2000.

Brother Band's roommates in Washington include two other SigEps, William Winkler (University of Florida, Florida Alpha '94), a special agent for the



Above: Doug Band (University of Florida, Florida Alpha '95) is personal aide to President Clinton. Below L to R: David Sobelman (University of Florida, Florida Alpha '96), Nick Lewin (Binghamton University-SUNY, New York Mu '96) with President Clinton, and Congressman Vito Fosella (University of Pennsylvania, Pennsylvania Delta '87).

Capitol Hill Staff

Current and former House and Senate staffers on Capitol Hill include:

Scott W. Stuckey (Wichita State University, Kansas Eta '70), general counsel of the Senate Armed Services Committee. Active in the Air Force Reserve for 18 years, he holds the rank of colonel and twice has served as an appellate judge on the Air Force Court of Criminal Appeals.

Michael Beer (Ohio State University '96), senior legislative assistant to Rep. David L. Hobson of central Ohio's 7th District. Brother Beer got into politics in 1994 as an intern during the Ohio gubernatorial campaign and in 1996 became a staff assistant to Ohio Gov. George V.

Vionovich. He joined Congressman Hobson's office in 1997 as a staff assistant. "Although the hours are long, there is no better way to learn as much, as quickly, and about a wide range of areas, than working on Capitol Hill," he says.

Tony Martinez (New Mexico State University, New Mexico Beta '95), legislative assistant to Rep. Tom Udall of New Mexico's 3rd District. Previously he was legislative aide to Sen.

Jeff Bingaman. He began his career as executive director of the New Mexico Student Association. "My undergraduate SigEp experience has helped me immensely in my career in public service," he says. "In SigEp, there are no I's, only We's. I feel public service should be the same."



*Michael Beer
(Ohio State
University '96)*



Sen. Bingaman and Tony Martinez (New Mexico State University, New Mexico Beta '95)



Politics

Secret Service (see Alumni News), and David E. Sobelman (University of Florida, Florida Alpha '96), special assistant to the chief of staff, U.S. Department of Health and Human Services (HHS).

Brother Sobelman originally worked as an intern at the White House. He moved back to Florida briefly, where he established an outpatient medical facility, then returned to Washington as a member of the president's and first lady's advance teams and concurrently worked as confidential assistant to HHS Secretary

Donna E. Shalala. Now, as special assistant to chief of staff of HHS, he manages the institutional and health policy operations of HHS, advises the chief of staff and acts as a liaison with the White House, members of Congress and other government agencies.

Another White House SigEp is Nick Lewin (Binghamton University-SUNY, New York Nu '96), who is the associate director of the White House Council on Youth Violence and a member of the White House Domestic Policy Council. He also works with the FBI Behavioral Science Unit and is co-authoring a publication on law enforcement and school partnerships. "Working in the White House has been a great experience," he said. "There are many talented and passionate people who are devoted to public service and public good."

"Although the hours are long, there is no better way to learn as much, as quickly, and about a wide range of areas, than working on Capitol Hill."

— MICHAEL BEER
SENIOR LEGISLATIVE ASSISTANT

Fossella used the occasion to propose the Economic Growth and Tax Freedom Act with the intent of cutting income tax rates across the board by 30 percent over three years. Brother Fossella spoke at the Republican National Convention in August.

Steve Bartlett (University of Texas-Austin, Texas Alpha '71) was a member of Congress from 1983 to 1991, then became mayor of Dallas. While in Congress, he served as Deputy Republican Whip under then—Representatives Trent Lott, Dick Cheney, and Newt Gingrich. Today he is president of The Financial Services Roundtable in Washington, D.C.

Up on Capitol Hill, the ranking SigEp is Congressman Vito Fossella (University of Pennsylvania, Pennsylvania Delta '87). He began his political career in 1994 when he received 47 percent of the vote in a six-way contest to win a seat on the New York City Council. In 1997, he was elected to Congress in a special election with a decisive 63 percent to succeed Congresswoman Susan Molinari. Less than seven months later he was re-elected with 74 percent of the vote.

Brother Fossella is a member of the House Commerce Committee and subcommittees on energy and power, finance and hazardous materials, and telecommunications, trade and consumer protection.

Sworn in for a second term on January 6, 1999, Congressman

SigEp Governors

John Engler (Michigan State University, Michigan Epsilon) was elected to his third term as governor of Michigan in 1998 with 63 percent of the vote. Brother Engler was first elected to office in 1970 at the age of 22, defeating a

seven-term incumbent state representative. He later moved on to the state senate, where he served as majority leader, and was elected governor in 1990 in a come-from-behind victory. Governor Engler has championed tax cuts and government reform. "No one in America in the late 20th century has done more to reinvent government," said the board of directors of the American Legislative Exchange Council in presenting Governor Engler with its Thomas Jefferson Freedom Award.

Gov. John Engler (Michigan State University, Michigan Epsilon)



Former Gov. Roy Romer (Colorado State University, Colorado Gamma '50)

Gov. Cecil Underwood (Marshall University, West Virginia Gamma '59)



Cecil H. Underwood (Marshall University, West Virginia Gamma '59) was first elected governor of West Virginia in 1956, the youngest person ever to hold the state's highest office. He was re-elected 40 years later as the most senior governor in the history of the state. In the 40 years between elections, Governor Underwood provided leadership in education as a college president, presided over the technology-centered Silicon Valley and served as an executive in industry and on the boards of charitable foundations. During his first term, Governor Underwood laid the foundation for the state's interstate highway system; as a technology advocate, he now is paving the way for the state to maximize its potential in the Information Age. "Sigma Phi Epsilon, with its emphasis on the

Balanced Man, provides special opportunities for undergraduates to grow and develop," he says. "Alumni and undergraduates are needed in public service. The future of our communities and the quality of family life require unique talents and leadership."

"Working in the White House has been a great experience. There are many talented and passionate people who are devoted to public service and public good."

— NICK LEWIN
ASSOCIATE DIRECTOR OF THE WHITE HOUSE COUNCIL ON YOUTH VIOLENCE

Time magazine described as the second most difficult job in America: superintendent of the Los Angeles Unified School District. "Why are you doing this?" people ask. "The simple answer is 712,000 students."

SigEps in Local Government
Bart Peterson (Purdue University, Indiana Alpha '80) was inaugu-

rated as mayor of Indianapolis on January 1, 2000. During his campaign for mayor he introduced the Peterson Plan, a bold and detailed vision for Indianapolis. He is the only first-year mayor to be named a U.S. Conference of Mayors committee chair. From 1989 to 1995 he was a member of Indiana Gov. Evan Bayh's leadership team, first as an executive assistant and later as chief of staff.

Chad Primmer (University of Northern Iowa, Iowa Theta '99) defeated an incumbent in November 1999



Mayor Bart Peterson (Purdue University, Indiana Alpha '80)



Chad Primmer (University of Northern Iowa, Iowa Theta '99) and Linda Primmer



Robbie Wills (University of Central Arkansas, Arkansas Zeta '91)

State Legislatures

SigEps in state legislatures across the country include:

Fletcher Hartsell (Davidson College, North Carolina Epsilon '69) has served in the North Carolina Senate since 1991 and ran unopposed for a new term this fall. In 1999 he was named "Most Effective Republican Senator" by the North Carolina Center for Public Policy Research.

Dan Clodfelter (Davidson College, North Carolina Epsilon '72) is a member of the North Carolina State Senate.

Hap Hinman (Plymouth State College, New Hampshire Delta '96) is serving his second term as a member of the New Hampshire Legislature.

Ken Maddox (University of Texas-Arlington, Texas Kappa '87) represents California's 68th District in the State Assembly. Brother Maddox's involvement in civic affairs led to his first elected office in 1996 as a member of the Garden City Council. He was elected to the State Assembly in 1998.

Jon Bruning (University of Nebraska, Nebraska Alpha '91) was elected to the Nebraska Unicameral Legislature in 1997 as a Senator. During his undergraduate days, he was student government vice president and he later served as chapter counselor for Nebraska Delta at Creighton University.



Ken Maddox (University of Texas-Arlington, Texas Kappa '87)

Candidates, Consultants & Activists

Donald K. Dunn (University of Utah, Utah Beta '93) ran for Congress this fall as the Democratic candidate in Utah's 3rd District. His slogan: "Let's Get It Dunn!" A veteran of the White House political affairs office, he served in the presidential campaign in 1996. He then served as special assistant to the co-executive director of the Presidential Inaugural Committee.

Jon Stewart (University of Memphis, Tennessee Beta '90), in his first venture into politics, ran against 11 opponents for Congress in the spring Illinois primaries. Although unsuccessful, his professional wrestling title made him the focus of a lot of media attention.

Rob Griffin (Barton College, North Carolina Iota '99), at age 23, was one of the youngest delegates to this year's Republican National Convention. He was an alternate delegate from North Carolina's First Congressional District.

Jeffrey R. McGahey (West Chester University, Pennsylvania Tau '99) was enrolled in Valley Forge Military College when he volunteered for Pat Buchanan's 1996 presidential campaign. He chaired the College Republicans at Valley Forge and at West Chester, and was vice chair of the Pennsylvania Federation of College Republicans. Immediately upon graduation he flew to Iowa to work on Buchanan's 2000 campaign. He then joined the Buchanan national staff in Washington, D.C., with duties including director of correspondence and stayed with the candidate through his move to the Reform Party.

Justin Maierhofer (Florida State University, Florida Epsilon '95) joined the Georgia Manufactured Housing Association in Atlanta in 1999 as Director of Local Government Affairs. He previously worked in Washington for Sen. Paul Coverdell of Georgia and as Deputy Director of Congressional and Public Affairs for the Republican National Committee.

Patrick Laughlin (Western Michigan University, Michigan Beta '68) founded Government Consultant Services, Inc. in 1982. GCSI pioneered bipartisan lobbying in Michigan and today is Michigan's largest multi-client lobbying firm. A Lansing survey of legislators, lobbyists and news media has named Brother Laughlin the state's most influential lobbyist. A Ford Foundation Legislative Fellow, he served on the staff of the House and Senate Republican Caucuses.

John Stirrup, (George Washington University, D.C. Alpha '79) is a lobbyist for KPMG and administers the firm's political action committee. He has worked in the political arena for the past 20 years, including six years in the Reagan administration.

Troy Queen (Florida State University, Florida Epsilon '96) is a media strategist with *voter.com*, a bipartisan one-stop Internet "shopping center" for political information. He handles all field outreach for Democratic candidates and helps them develop Internet strategies.



Donald Dunn
(University of Utah,
Utah Beta '93)



Jon Stewart
(University of Memphis,
Tennessee Beta '90)



Jeff McGahey
(West Chester University,
Pennsylvania Tau '99) and Pat
Buchanan



Justin Maierhofer
(Florida State
University, Florida
Epsilon '95) and
Bob Dole



Pat Laughlin
(Western Michigan
University, Michigan
Beta '68)

to win a seat on the Council Bluffs, Iowa, city council. Politics run deep in Brother Primmer's family, and he was hard at work this fall helping his mother, Linda, campaign for the Iowa Senate. Brother Primmer worked as an intern in the office of Iowa Sen. Charles Grassley in the summer of 1997 as a legislative clerk in the Iowa legislature in the spring of 1998 and later as a consultant in two successful state legislature campaigns.

"Sigma Phi Epsilon, with its emphasis on the Balanced Man, provides special opportunities for undergraduates to grow and develop."

— CECIL H. UNDERWOOD
WEST VIRGINIA GOVERNOR

Former Regional Director, Robbie Wills (University of Central Arkansas, Arkansas Zeta '91), unopposed in the recent general election, will become Justice of the Peace (County Commissioner) in Arkansas' Faulkner County Quorum Court on January 2, 2001. In 1998, Brother Wills, with no previous campaign experience, ran for an open seat in the Arkansas House of Representatives. He won the Democratic primary, but lost in the general election. He would like to run again for the state legislature and was featured on a statewide television program highlighting future political leaders of Arkansas.

Across the nation, SigEps are increasingly involved in public service, carrying forward the lifetime responsibilities of brotherhood. ☰



The late Frank J. Ruck, Jr. (University of Michigan, Michigan Alpha '46)

The Frank J. Ruck Leadership Institute

“I greatly appreciated the invitation and it turned out to be the best SigEp experience I have ever had.”

— LUKE LUTTRELL
WICHITA STATE UNIVERSITY
KANSAS ETA

In the spirit of the late Frank J. Ruck, Jr. (University of Michigan, Michigan Alpha '46), one of the key founders of the Balanced Man concept and the Balanced Man Program, the second annual Frank J. Ruck Leadership Institute took place in Richmond, Virginia July 6-8, 2000.

The weekend served as an opportunity for 18 undergraduates from all over the United States to come together, share ideas, and experience the Balanced Man Program.

Many thanks go to District Governors, John Hartman and Jay Hurt, for volunteering to coordinate this special event. “Thank you for volunteering your time and efforts at the Frank Ruck Leadership Institute,” said Luke Luttrell (Wichita State University, Kansas Eta), “I greatly appreciated the invitation and it turned out to be the best SigEp experience I have ever had.”

Participants lived the Balanced Man Program by participating in the different core elements of the program. These men had a chance to experience some local culture by attending a production of “Sweet Charity” at Richmond’s Barksdale Theater. River rafting down Virginia’s James River gave the participants a chance to experience a team-building activity.



Eighteen undergraduates from all over the United States participated in the Frank Ruck Leadership Institute on July 6-9, 2000.

One of the many highlights of the weekend was the etiquette session conducted by Indiana Alpha’s (Purdue University) Mom Nonnie.

Furthermore, participants had the opportunity to review the “nuts and bolts” of the Balanced Man program. This gave them the opportunity to explore and share new ideas about the program and the Balanced Man concept.

“I have come away from this experience with

a number of great ideas for improving sound mind and sound body within Oregon Beta. In the next year, you can expect to see our chapter form a partnership with our University Health Center, as well as furthering our plans to put cardio-vascular equipment and a larger study area in the chapter house. The weekend gave me ideas to help my chapter function better as an organization, something we have needed for several years,” according to John Fillmore (University of Oregon, Oregon Beta).

Overall, the Frank J. Ruck Leadership Institute gave undergraduates a chance to learn more about each other, the Balanced Man Program, and the way both fit into the SigEp experience.

Look for more information on the 2001 Frank J. Ruck Leadership Institute at www.sigep.org.

Project America's Alternative Spring

"The ASB was a good opportunity to not only learn, but to help a community. We tested limits and ways to test ourselves while having the most fun that you could have on a spring break. Brothers across the country can be brought together and bond their cultures and experiences together to improve not only their own chapters but the fraternity image as a whole."

— HERNAN PICALOMINO
UNIVERSITY OF MASSACHUSETTS
MASSACHUSETTS ALPHA
2000 ASB PARTICIPANT

Hernan Picalomino and Jeff Huisman work together to install insulation.



The Program

On March 18 – 25, 2000, Project America piloted the Project America Alternative Spring Break. Twelve SigEps from across the country were chosen to represent their chapters in this intense service-learning experience. The team built homes for victims of Hurricane Floyd in Kinston, North Carolina left homeless by record floodwaters.

The Project America ASB was generously underwritten by AMFM Inc./Clear Channel Communications Inc. and Campbells Soup. Brother R. Steve Hicks (University of Texas, Texas Alpha '72) was instrumental in obtaining the funding from AMFM Inc. Brothers, Mike Wolbert (NW Missouri State, Missouri Lambda '94) was helpful in coordinating the funding from Campbells.

The Goal

The goal of the Project America ASB is to provide brothers with the opportunity to experience leadership and service outside of the Fraternity setting while helping a community in need. The 2000 ASB was more than a week helping the community of Kinston; it



The group works together in Kinston, NC.



The ASB 2000 group stands before the newly completed home.

was an intense learning experience. Hands-on team building helped the students understand their potential to become leaders within the group, their organization, and the community. Seminars and discussions were designed to create tangible action plans to take the Project America ASB beyond Kinston to the brothers' home chapters and communities.

"This week will be one of my fondest memories of being a SigEp. I learned what teamwork truly is and how I can take it back to my chapter."

— CHRIS MAKUAKANE
UNIVERSITY OF OREGON
OREGON BETA
2000 ASB PARTICIPANT

Break (ASB) 2000



The Results

One need only read the quotes from brothers to see the dramatic impact this experience had. These SigEps were pushed both physically and intellectually to find new ways to lead and to follow, to create teams and to achieve goals.

One highlight of the week was the "Senior Prom." The group dressed up, bought corsages, and hired a DJ for a fun evening at a Kinston retirement home. After dancing for more than three



Senior prom at Spring Arbor Assisted Living Home.

hours with the residents, some Brothers wanted to return the next evening. It was the full realization of the impact they were having that

caused this emotion.

The results of the week were two new homes for flood victims and twelve SigEps educated and empowered to make a difference in their communities by becoming volunteer leaders.

Project America plans to expand the Project America ASB program in 2001. For information about sponsoring a break or participating in a week of service, please contact Project America by November 30, 2000.

A Reflection From an ASB Participant

I am not exaggerating when I say that my experience as a part of Project America's Alternative Spring Break 2000, was one of the best experiences of my life. I have come back to the University of Oregon as a better leader for my chapter and as a better person. As a result of my experiences during the week, I am also seriously considering applying for a position as a Sigma Phi Epsilon Regional Director or for a position in an outreach organization such as Project America after I finish my undergraduate studies. More importantly, I (as well as the other members of this chapter—now that the ASB group has had a chance to share our experience with our brothers) have found a new commitment to increasing our chapter's service events. This commitment goes far beyond wanting to improve our Fraternity's public image (though I do believe that demolishing the frat boy image is important for our future), and is based on wanting all of my brothers to experience the warmth and joy that I felt this week working together with other fraternity men to help the community of Kinston. I have rarely felt more proud to be a SigEp, or to be John Fillmore, than I was at the end of the week when I could honestly say that I spent my spring break helping hurricane victims get new homes.

It is my recommendation that this project be expanded to include more fraternities, sororities, and business groups next year, and I would gladly volunteer my time to help in any planning and implementation that needed to be done in order to see that this expansion occurs. There is no better way to facilitate a team-building exercise than to have the participants eat, sleep, hang out, and work together for a good cause. From the experience of taking on the ropes course challenge together through the end of the week, there was a special bond among our group. The work experience during the week, coupled with our nightly debriefing sessions, helped our team to critically analyze ourselves and ways to improve working together. These sessions also helped me to identify methods for improving the way that the Oregon Beta chapter works as a team.

I want to express my utmost respect for this program and the benefits it carries for its participants. This Project America experience will improve communities and potential community leaders, for years to come.

— JOHN FILLMORE
UNIVERSITY OF OREGON
OREGON BETA



Will Hartwell (Stanford University, California Pi) in Tunisia.

cultural event with a sorority . . . The men at the **University of Illinois** have met health-related goals for every brother for the semester and are pursuing sound mind objectives through a series of guest speakers . . . Celebrating its 49th anniversary, **University of Evansville** ♦ **Indiana Epsilon** won the homecoming competition this fall and saw a SigEp crowned homecoming king for the second straight year

. . . **Stanford University** ♦ **California**

Pi senior and classics student Will Hartwell spent his summer in Italy expanding his mind by participating in an archeological dig with students from Sweden, Norway, and Sicily. Will also had the opportunity to see other countries such as Tunisia . . . The men at **Texas Christian University** ♦ **Texas Gamma** gave each brother a small strip of paper upon which to write a sound mind and sound body goal. The paper strips were linked together in a chain in the chapter room . . . The chapter members at **Pepperdine University** ♦ **California Psi** have drafted a three-year contract which includes physical fitness objectives tied in to sound mind/body . . .

Southeast Missouri State ♦ **Missouri Zeta** is striving to live the Balanced Man ideal with more than 75 percent of the chapter already committed to an aerobic and anaerobic workout schedule . . .

University of



Members of the University of Delaware, Delaware Alpha.

Georgia Southern University ♦ **Georgia Epsilon** is living the Balanced Man ideal by sponsoring a physical fitness and self-defense course for sorority women on campus and is planning participation in a joint

Delaware ♦ **Delaware Alpha** participated with sororities and other fraternities in the March of Dimes "WalkAmerica," helping raise \$2,500 to prevent birth defects and infant mortality . . . **University of Dayton** ♦ **Ohio Rho** has developed a "Sigma Phi Epsilon Fitness Test" based on a national scoring scale. All brothers participate in the "Test" which includes sit-ups, push-ups, and a one-mile run . . . **Washburn University** ♦ **Kansas Delta** has regular academic study hours and "Balanced Man Hours" for physical fitness, as well as "Balanced Man Days" where the spotlight is on two hours of athletic activity and two hours of study time together. The chapter was recently named outstanding Greek Chapter for the seventh year in a row . . . **Morehead State University**

♦ **Kentucky Zeta** watched this year's Olympics for good reason: Brother Jon Rauch, a 6 foot 11 right-hander, struck out 13 men in seven innings to lead the U.S. Olympic baseball team to victory over South Africa. Rauch, who overwhelms hitters with a 90 mph fastball, recently was selected minor league player of the year by Baseball America . . . the men at the **University of Vermont** hiked up Mt. Mansfield as part of a sound body program during a recent retreat. The activity allowed participation by brothers with different fitness levels and members burned off an average of 1,526 calories per man . . .

South Dakota State University ♦ **South Dakota Alpha** ranks top academically among fraternities on campus, recently hitting a 3.6 semester GPA—quite a turnaround from being dead last in 1997. The chapter's academic plan requires students to log at least 15 hours a week in studying . . .

Susquehanna University ♦ **Pennsylvania Phi** made a spring semester donation of \$1,100 to the National Multiple Sclerosis Society, half from a brotherhood auction and half from a Bowl-a-thon co-sponsored with Zeta Tau Alpha. The chapter also supports the Ronald McDonald House, Big Brothers and Big Sisters, America Reads, and other worthwhile initiatives . . .



Brother Jon Rauch (Morehead State University, Kentucky Zeta), 2000 Olympian.



The men of South Dakota Alpha achieved a 3.6 chapter GPA.



The men of Michigan Lambda at Eastern Michigan University celebrate their 10th anniversary.

importance of fraternity life . . . The men at the **University of Illinois** give out a Faculty of the Year award during its Balanced Man Scholarship banquet. The award recognizes a faculty member who goes above and beyond the duties of a professor . . . **University of Memphis** ♦ **Tennessee Beta** had a very successful 1999, including recruiting the largest class on campus for the second year in a row. The chapter won first place in Homecoming and sponsored a Haunted House with proceeds going to the American Heart Association . . . The men at **Texas Tech** volunteered with Women's Protective Services on Homecoming weekend and on National Service Day. It was a big success and brothers learned a lot about battered women and the problems they face . . . **University of North Dakota** ♦ **North Dakota Alpha** finished last year second out of 13 fraternities on campus with a 3.07 GPA . . . **Loyola University** ♦ **Louisiana**

Gamma is No. 1 in manpower and finished second in intramurals last year. The chapter cleaned up on awards during Greek Week, including Outstanding Fraternity and Most Community Service Hours Contributed . . . **West Virginia University** ♦ **West**

Virginia Beta was chosen the Most Improved Fraternity on Campus and won the intramural cup for the 18th straight year. The chapter also won the Community Service Achievement Award, largely for its work on the Special Olympics . . . **University of Oklahoma** ♦ **Oklahoma Beta**, working with Habitat for Humanity and in conjunction with Kappa Alpha Theta sorority, built a house for a



West Virginia Beta's chapter facility at West Virginia University.

Eastern Michigan University ♦ **Michigan Lambda**

celebrated its 10th anniversary with an alumni recognition dinner and a talk by Dr. William E. Shelton, the university president and an honorary SigEp, about the importance

homeless family.

The groups raised \$52,000 to fund the project and contributed more than 2,500 hours of community service . . .

University of Utah ♦ **Utah Beta**

won the

Intramural Champion trophy for the second year in a row . . . **University of South Florida** ♦ **Florida Iota**

has found a way to incorporate sound body into their recruiting program. On two Sundays a month, a residence hall floor is selected for ultimate Frisbee. After the game, brothers sit down for lunch with participants to introduce them to Sigma Phi Epsilon . . . **Bucknell University** ♦ **Pennsylvania**

Kappa has established a Balanced Man of the Month award honoring the brother who best exemplifies the ideal.



The men at Texas Tech.

Our Own "Frat Boys"

Sigma Phi Epsilon cannot take the lead in demolishing the "frat boy" stereotype when our chapters violate SigEp's standards. Although we are not proud of these actions, it is important for us to remind ourselves, undergraduates and alumni, that these and other similar actions make it difficult for other SigEps to move beyond the "frat boy" stereotype.

Chapter	Violation	Action
Ohio Kappa Bowling Green State University	Non-performance	AAC
California Zeta California State U. - Long Beach	Risk Management	Charter Suspension
California Theta California State U. - Sacramento	Bulk Quantity of Alcohol	\$1,000 Fine
Georgia Alpha Georgia Institute of Technology	Hazing	AAC

AAC = Alumni Advisory Council

2000-2001 Regional Directors

Thirteen SigEps are traveling to chapters on campuses all over the United States as Regional Directors this academic year. "It's great to see all of the different campuses, and SigEps," says Ryan Jacobson, "This is an experience I will never forget."

These brothers bring a lot of experience to their regions. Besides holding leadership positions within their own chapters, these men have been involved in other campus organizations such as student senate, Golden Key National Honor Society, Order of Omega, ROTC, IFC, varsity sports, GAMMA, Omicron Delta Kappa—just to name a few.



2000-2001 Regional Director team (L to R): Brady Storhaug, Ryan Jacobson, John Schulyer, Normi Schroth, Scott Thompson, Chris Minnis, David Friederichs, Patrick Beatty, Tom McGreevey, Neil Hoover, Ara Simonetti, Michael Fisher, and Michael Byrnes.

The Regional Director position is a special one. If you are interested in being a part of the 2001-2002 team, contact your Regional Director and go to www.sigep.org for more information.

Here is your 2000-2001 Regional Director team:

Patrick Beatty (Michigan State University, Michigan Epsilon '99)

Region: Alabama, Louisiana, Mississippi, and Tennessee

Email: patrick.beatty@sigep.net

Michael Byrnes (St. Mary's University, Texas Theta '00)

Region: Delaware, New Jersey, New York City, and Eastern Pennsylvania

Email: michael.brynes@sigep.net

Michael Fisher (Temple University, Pennsylvania Mu '00)

Region: Arizona, Southern California, New Mexico, and Texas Phi

Email: michael.fisher@sigep.net

David Friederichs (University of Northern Iowa, Iowa Theta '00)

Region: Michigan and Indiana

Email: david.friederichs@sigep.net

Neil Hoover (Ohio University, Ohio Xi '00)

Region: Alaska, Northern California, Colorado, Montana, Nevada, Oregon, Utah, Washington, and Wyoming

Email: neil.hoover@sigep.net

Ryan Jacobson (University of San Diego SEC '00)

Region: Arkansas, Illinois Eta, Kansas, and Missouri

Email: ryan.jacobsen@sigep.net

Tom McGreevey (Loras College, Iowa Eta '99)

Region: North Carolina, South Carolina Beta, and Tennessee Gamma

Email: tom.mcgreevey@sigep.net

Chris Minnis (Truman State University, Missouri Mu '00)

Region: Oklahoma and Texas

Email: chris.minnis@sigep.net

Norm Schroth (SUNY-Fredonia, New York Iota '96)

Region: Maryland, Southwest Pennsylvania, Virginia, and West Virginia

Email: norm.schroth@sigep.net

John Schuyler (Western Michigan University, Michigan Beta '00)

Region: Florida, Georgia, and South Carolina

Email: john.schuyler@sigep.net

Ara Simonetti (Kent State University, Ohio Lambda '00)

Region: Connecticut, Massachusetts, New Hampshire, Vermont, Maine, and New York

Email: ara.simonetti@sigep.net

Brady Storhaug (University of North Dakota, North Dakota Alpha '00)

Region: Kentucky, Northwest Pennsylvania, and Ohio

Email: brady.storhaug@sigep.net

Scott Thompson (University of Southern Mississippi, Mississippi Gamma '00)

Region: Illinois, Iowa, Michigan (upper peninsula), Minnesota, Nebraska, North Dakota, South Dakota, and Wisconsin

Email: scott.thompson@sigep.net

continued from page 9

would be to paint them. However, for longevity and if the budget allows, an inexpensive contract grade, textured vinyl can be purchased on the wholesale level through a contract source. This would be an excellent selection for high use areas because a vinyl holds up remarkably well and is easy to clean. In the selection of any materials, textiles, or new furnishings, it is very important to check the flammability rating for use in all public spaces. In limiting your selections to contract fabrics, you are ensuring that these samples will be graded according to their flammability and their appropriateness for use in a public space. The market today has an incredible range of such products.

What is a typical problem you encounter in fraternity houses?

The one thing to avoid at all costs, is the typical dull and monotonous institutional look which is found in almost all school dormitories and public spaces. The common approach is bland in design as to not offend anyone or divert attention. I tend to believe that the opposite is more appropriate for a fraternity house, since the environment one returns to after leaving campus should be not only inviting and stimulating, but feel like a home.

What would be the appropriate approach to window treatments?

Following the appropriateness to the architecture for window treatments is the rule of thumb. In study or dorm spaces the use of mini blinds is an affordable, clean option and is a low-maintenance selection. Window coverings that are visible from the outside should generally be consistent because there is nothing more unsightly than seeing different kinds of window treatments in every window of a fraternity house. If different colored fabrics are used in the house, I recommend lining the outside of the fabric in a compatible fabric.

In terms of your personal preferences, if someone came to you to ask for a direction in terms of color planning, what would your thoughts be?

The use of color is something none of us should be afraid of when designing for fraternity houses. Interests can be created quite comfortably with the use of color—red costs the same as brown. In my personal experience, more people respond to rich warm tones. The use of a basic neutral (e.g. golden tones) combined with various warm shades tends to be more visually stimulating than cooler palettes. Specifically, avoid any and all pastels, pure white, and blues for

background colors. If you do select white for walls, it needs to be a rich warm white.

What suggestions would make in terms of lighting for a house?

If at all possible, avoid fluorescent lighting in public and dining spaces as it is visually sterile and creates fatigue. If fluorescent lighting is required, I would suggest using it minimally and be sure to use color corrective, full spectrum fluorescent tubes (55 degrees Kelvin) for a more pleasing light. If fluorescent lamps are used in living spaces or study spaces, they should always be supplemented with low-voltage or high-intensity study lights to provide a much more comfortable level for reading and studying. If possible, incorporate the use of lamps along with incandescent down lighting for the most generally pleasing lighting in public spaces. For public spaces, the use of dimmers will also allow flexibility in changing the lighting for times where entertainment systems or computers are in use. They are also terrific simply to create an entertaining mode for a social event or recruitment function.

Any final recommendations for those individuals working on the design or remodel of a fraternity house?

It is very important to base a design not upon current fads within the furnishings market. Trends, fashion, and things that are of the moment fade quickly and usually have a life span of two years—maximum. It is much better to stay with classic designs, traditional or classic modern which simply means always appropriate and always in good taste.

Pay close attention to space needs and follow all of the code regulations for fire and safety. Be sure that your house is equipped with appropriate fire alarms and sprinkler systems, and make sure that adequate attention is given to exit facilities.

Make certain that in developing a design that there is a continuity in the design or flow of color throughout the entire space. Avoid having each room be totally and completely different. There should be a flow and a consistent visual harmony from one space to the next. Particular attention to planning will create a pleasing environment. As you develop a floor plan for any given space, I think that it is very important to simply use your personal logic with what feels best for the use of the room in terms of appropriateness, design and scale of furniture. Stay attune to both appearance and the use of space for both public spaces and private rooms.

SIGEP INVENTORS

**Climate-Controlled Golf Cart
Designed by Auburn Alumnus**

"I can't stand hot weather, but I love to play golf," says Robert R. "Bob" Williams (Auburn University, Alabama Alpha '56), president of Williams-Trane and several other businesses in Mobile, Alabama and Pensacola, Florida. His solution was to invest \$1 million into the

development of the Polarcart (TM), a climate-controlled golf cart that "keeps extreme temperatures off of your mind, and your mind on the game."

The 36-volt, 3.2 horse-power vehicle delivers a powerhouse of cold air to driver and passenger. The cart is

capable of heating as well as cooling, so it's also perfect for cold-weather climates and for year-round ranch, factory or estate use. It is equipped with removable doors, auto-adjust mechanical rear brakes, speed balanced rack and pinion steering, and independent front and rear suspension with dual shocks. A unique feature is its ability to charge batteries while the air conditioning or heating device is running.

Information on Polarcart is available at www.polarcart.com or by calling 1-887-888-9881.

**Christini and Villanova Buddies****Introduce All-Wheel-Drive Bike**

The idea came to Steve Christini (Villanova University, Pennsylvania Rho '95) while he was biking up a hill in Bryn Mawr, Pennsylvania during the summer between his junior and senior years. His tires kept slipping, so the mechanical engineering student made some sketches to try to solve his problem. At that point, the idea of an all-wheel-drive (AWD) mountain bike was born.

Brother Christini and seven friends turned the AWD idea into a prototype as their senior project. He now has formed Christini Technologies, based in Philadelphia, to manufacture the bikes. While other designs are retrofits added onto an external drive shaft, "we are the only ones we know of who have successfully developed a completely internal system" incorporated in the frame of the bike, he says. "Without exception, the performance

of [the external drive] designs was substandard and, more significantly, the bicycle designs were shocking departures from a standard bicycle appearance."



SIGEP AUTHORS

**Ed Baum's New Book
Explores the Saga of the
Maine Salmon**

Ed Baum (University of Maine, Maine Alpha '67) has drawn on lifetime observations and his career as senior scientist for the Maine Atlantic Salmon Authority to write and publish *Maine Atlantic Salmon, A National Treasure*. He wrote the book on his own time at home with editing help from his wife, Peggy, and paid for the publication with his own funds.

The glossy 224-page volume is Brother Baum's tribute to the Atlantic salmon that are born in Maine's rivers and streams, where they live for two years before striking out for ocean feeding grounds in Newfoundland, Labrador, and Greenland. The book is full of charts, anecdotes, photos, maps, and information on sport catches. In addition to telling the life story of the Maine Atlantic salmon, the book is a fascinating and detailed history of more than a century of Maine's salmon restoration efforts.

Brother Baum this summer received Trout Unlimited's Professional Conservationist award, given to one scientist each year for outstanding contributions to conserving trout and salmon.

The book (\$49.95) is available in bookstores or from Atlantic Salmon Unlimited, Post Office Box 6185, Hermon, Maine 04402-5590 (E-mail ASUnlimited@aol.com).

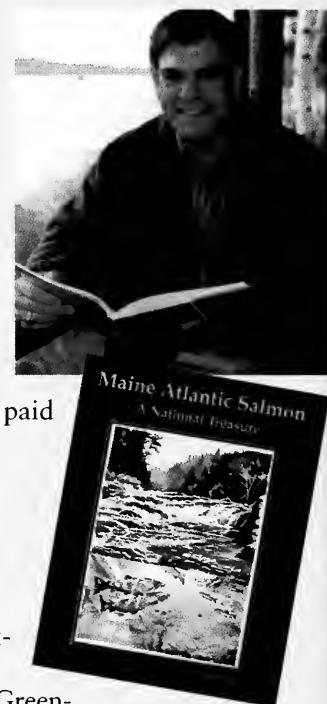
The revolutionary AWD Christini design has been all the buzz at trade shows. Additional information may be obtained by calling (215) 351-9895 or by logging onto www.christini.com.

SIGEP'S IN SPORTS

**NY Gamma's Barry Hochhauser is
Knicks' Official Scorekeeper**

Barry Hochhauser's real job is as an attorney with the New York Stock Exchange. In addition, since 1987, he also has been the official scorekeeper for the New York Knicks.

Brother Hochhauser (New York University,



Bunevich's New Book Explores Sports Autograph Industry

Tom Bunevich (Marshall University, West Virginia Gamma '75) has written *Sign This: The Real Truth About Your Sports Heroes and the Sports Autograph Industry*. Based on Brother Bunevich's personal experiences as a sports autograph dealer and collector, the 200-page book describes the personalities of more than 200 athletes in autograph situations and explores the workings of the sports autograph industry. His observations on big-name athletes include chapters on his "top 10 jerks," his "top 10 good guys," and ratings of other sports celebrities he has encountered on the autograph circuit. Copies of the book may be purchased by calling 1-877-391-8000 or by logging on to the book's web site www.signthisbook.com



Communication Techniques are Focus of Book by SigEp

"The Leadership Solution," a new book by Jim Shaffer (Kansas State University, Kansas Beta '69), focuses on communications techniques designed to get people in organizations working on the same goals while moving their performance to the next level. Brother Shaffer, a principal with Towers Perrin, a major management and human resources consulting firm, says organizational problems are often created by mixed messages and by leaders who say one thing but do another, the "say/do" gap. His book, published by McGraw-Hill, offers techniques for overcoming communications confusion.

New York Gamma '86) says the job has plenty of perks, like hanging out by midcourt at Madison Square Garden before Knick's home games and watching the games from courtside. On the other hand, when there is a problem with the score, a TV camera will zoom in on Hochhauser, whose friends will call him the next day to question his competence and cerebral functioning.

Nevertheless, "it's a fun job," he says "especially for a guy who loves sports." He got the scorekeeper's job as a result of a chance meeting with Fox Television sports-caster Kenny Albert, whom he still assists as a statistician at professional football games. Hochhauser received no official training and has no certification other than the one his New York Gamma brothers bestowed on him as

"Sports Lunatic." The pay isn't much—less than \$100 a game—but, so far as Brother Hochhauser is concerned, there's plenty of "psychic income."

Kevin O'Connor is Among Tennis Top 40 Under 40

District Governor Kevin O'Connor (Loras College, Iowa Eta '87), vice president of Saddlebrook Sports at Saddlebrook Resort, Tampa, Florida, is one of *Tennis Industry* magazine's Top 40 Under 40, "men and women of exceptional talent that will bring tennis into the new century." Thanks in large part to Brother O'Connor's efforts, Saddlebrook is consistently rated one of the top tennis resorts in the country. The resort is the home of the Hopman Tennis Program, designed to produce high-level players, and O'Connor has worked with stars such as Pete Sampras, Jim Courier, Martina Hingis, and Jennifer Capriati. He was also instrumental in establishing Saddlebrook Preparatory, a fully accredited college prep school for young adults who want to excel both on and off the court. "O'Connor's persistent devotion to sculpting future champions helps to ensure the viability of American professional tennis," the magazine said.

Former Bronco Lineman Now is DEA Enforcer

Keith Bishop (Baylor University, Texas Rho '80), former All-Pro offensive lineman with the Denver Broncos and starting guard on three AFC championship teams in the 1980s, switched careers eight years ago to become a front-line special agent with the Drug Enforcement Administration (DEA) in North Texas. As a football celebrity and veteran of three Super Bowls, Brother Bishop could have pursued another career after he retired, says the *Dallas Observer* in a recent profile headlined "The Enforcer." "Now he has found true purpose, working to put drug dealers away and trying his hardest to rid countless communities of a particular ill," said the *Observer*. Bishop's dedication and abilities as a team player recently won him a promotion which has enabled him to put away his Glock .45 caliber pistol, automatic assault rifle, and bullet-resistant vest and to take on a supervisory position at DEA headquarters in Crystal City, Virginia, part of the D.C. metro area.



Compagni Earns Fourth Coach of Year Award

Joe Compagni (University of Delaware, Delaware Alpha '87), director of track and field and cross country at Monmouth University, has been named Northeast Conference (NEC) Women's Coach of the Year for the 2000 outdoor track and field season. He is the only coach in the conference to win consecutive Coach of the Year honors for the past four years. He was named NEC Men's Outdoor Track and Field Coach of the Year in 1997, and again in 1998 and 1999.

Brother Compagni's teams have broken 268 school records in indoor and outdoor track since he arrived at Monmouth in 1995. Monmouth's men's and women's teams under Compagni's direction have had the best combined finishes of any team in the NEC for the last two years.

Before joining the staff at Monmouth, Brother Compagni coached at California University in Pennsylvania. He ran cross country and track at Delaware and earned a graduate degree at Cornell.

Former NFL Player Now in Mayo Residency

Mark Adickes (Baylor University, Texas Rho '84) recently graduated from Harvard Medical School and is now in the orthopedic surgeon residency program at the Mayo Clinic in Rochester, Minnesota. He is a former NFL player, most notably as a member of the Washington Redskins winning 1991 Super Bowl team.

SIGEP JOURNALISTS

Bob Broeg Chronicles a Century of St. Louis Sports Highlights

Bob Broeg (University of Missouri, Missouri Alpha '37), longtime sports editor of the *St. Louis Post-Dispatch* and a living legend among sportswriters, has penned his 20th book: *The 100 Greatest Moments in St. Louis Sports*.

Brother Broeg was inducted into the writers' wing of the National Baseball Hall of Fame at Cooperstown, New York, in 1979 and was the first sportswriter to receive a gold medal from the Missouri School of Journalism, in 1971. It was Broeg who gave Stan Musial the nickname "The Man."

In typical Broeg fashion, *Great Moments* is filled with all sorts of tid-

SIGEP ENTERTAINERS

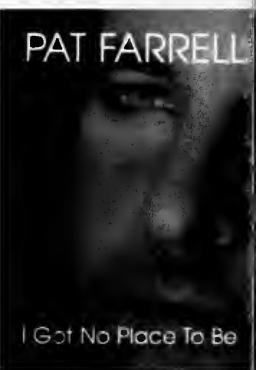
Tod Goldberg Inks Miramax Deal

Tod Goldberg (California State University-Northridge, California Sigma '94) has signed a high six-figure deal with Miramax Films for the option rights to his first novel *Fake Liar Cheat*. Released this summer, the novel is the tale of a twenty-something man who embarks on a dangerous crime spree through Hollywood's hottest spots with a mysterious woman named Claire by his side. Promotion of the book includes spots on MTV and radio plus a print advertising campaign. In addition, Brother Goldberg is signing and reading books at bookstores and colleges across the country.

Brother Goldberg, who now lives in Las Vegas, Nevada, was president of California Sigma and was named Greek Man of the Year in 1994. He also served as Chief Justice of the Interfraternity Council and was elected Homecoming King in 1993.

Pat Farrell Releases First Solo Album

Pat Farrell (SUNY-Fredonia, New York Iota '86 and a former SigEp District Governor) released his first solo album this summer. The CD features a dozen songs ranging from classic/soft rock and New Orleans-style jazz to soft ballads. Popular on the newly re-emerging cabaret circuit, Brother Farrell's musical credits range from multiple appearances at Donald Trump's Atlantic City Taj Mahal and on QVC Television and the Fox Morning Show to singing the national anthem at New York's Shea Stadium with Die Schlauberger (aka The Wise Guys). Featured on the album are Richie Cannata, an award-winning saxophonist, Mark Wood, a renowned violinist, Ozzie Melendez on trombone, and Barry Danielman on trumpet. The new CD is available at www.pianomanpat.com or by calling 1-800-448-6369.



I Got No Place To Be



Sean Rankine is MTV Coordinator

Sean Rankine (Arizona State University, Arizona Alpha '96) is location coordinator for MTV's *Real World* and *Road Rules*.

Kent State Alumnus Joins Disney Cruise Line

Shannon Michael Larimer (Kent State University, Ohio Lambda '99) joined the public relations and marketing staff of Disney Cruise Line in Florida this summer where he handles media relations and writes a national media newsletter. He says SigEp networking helped him land interviews with companies ranging from Ketchum Entertainment, Fox and Warner Brothers in Los Angeles, to NBC in New York. He has high praise for SigEp's Mentor Program and for the way fellow SigEps have helped him begin to realize, "my biggest dream—working for a large entertainment company in film or television."



bits, some of them football and basketball highlights of his beloved Missouri Tigers. Broeg also loves baseball, so there's plenty about the Browns, the Cardinals, and the old Negro leagues.

Broeg began stringing for the *Post-Dispatch* in 1936, worked for the Associated Press in Boston for about a year, served in the U.S. Marine Corps in World War II, and then joined the *Post-Dispatch* full-time in 1945.

The 100 Greatest Moments in St. Louis Sports, published by the Missouri Historical Society Press, sells for \$34.95 and is available in bookstores, especially in St. Louis.

James Madison's Jim Lee is Award-Winning ABC News Editor

Jim Lee (James Madison University, Virginia Iota '74) began his career with television stations and networks in Virginia and since 1980 has been an ABC News editor with *Good Morning America*, *World News Tonight*, *Nightline* and *The Last Word*, and on special assignments with *20/20* and *Our World*. He now is with *News-One*, the ABC News cooperative serving 230 ABC-affiliated stations worldwide, including the BBC and Japanese, Canadian, and Australian television.

He has been involved in coverage of national political conventions and Presidential campaigns and was nominated for and won a national Sports Emmy Award for his work on the 1984 Summer Olympics. In addition, he was honored with a 1990 national Emmy nomination for "Our World: 40 Days of 1970," and a 1996 Emmy nomination for "Morrie Schwartz, Lessons on Living: A Trilogy," (ABC News *Nightline*).

Brother Lee was recently elected to his sixth two-year term as a national regional vice president of the National Association of Broadcast Employees and Technicians-Communication Workers of America, AFL-CIO.

One of his sons, Michael, is a new member of Indiana Epsilon at the University of Evansville. Jim attended Michael's initiation, but kept it a secret until the ceremony was concluded. "I'm impressed with the brothers of Indiana Epsilon," Jim said. "It's no wonder they're back-to-back Buchanan Cup recipients."

Joe Aiello is "Best Sportscaster"

Joe Aiello (Arizona State University, Arizona Alpha '89) has been named "Best Sportscaster in a Small Market" by the TV News Talent Association. Leaving a lucrative sales career behind, he decided to pursue his long-time dream of being a television sportscaster by participating in



the 1998 Sportscasters Camps of America in Long Beach, California. He then landed a job as a sports director for KOBR, Roswell, New Mexico. "Joe has an outstanding delivery, writes well to video, and packs his sportscasts with local coverage," said Mick Cornett, president of the TV News Talent Association.

Heath Row Spearheads "Company of Friends"

Heath Row (Northwestern University, Illinois Lambda '95), associate editor of *Fast Company* magazine, has been a traveling man recently on behalf of the magazine's rapidly growing readers' network called the Company of Friends (CoF). He began his tour with visits last fall to 15 southern cities with CoF cells. "Most magazines merely reflect a world," says Brother Row. "Through CoF, *Fast Company* also brings readers together." After coming to *Fast Company* from *CIO* magazine in 1997, Heath spent two years covering the technology beat. While he still writes for the magazine occasionally, his responsibilities now center on coordinating CoF.

SigEp Advertising Executive Co-authors Charlton Heston's New Book

Tim Oden (University of Oklahoma, Oklahoma Beta '77) has co-authored *The Courage To Be Free* with Charlton Heston. Tim, an Executive Vice President for Ackerman/McQueen Advertising in Oklahoma City, announced the release of the book on September 8, 2000. According to a recent press release, for almost half a century, Charlton Heston—who has been called the most politically influential person never to hold political office—has felt at home in the war rooms and battlefields of political debate. Now those experiences, with the help of brother Oden, have been captured in *The Courage To Be Free*, a collection of uncensored essays. Among other things, the book offers what Heston calls the "Ten Covenants of Courage" which are steps that each American can take every day to preserve their freedoms. For more information on this book go to www.couragetobefree.com.

Louisiana Beta Broadcast Journalist Serves the Republican National Committee

Chris Furlow (Louisiana State University, Louisiana Beta '93) serves as National Field Director of the Republican National Committee (RNC) for the 2000 presidential election cycle. Brother Furlow oversees the RNC's political field staff and works to implement the National Committee's election strategy in all 50 states. Prior to entering politics, Furlow was a broadcaster whose experience included reporting from the White House for CBS Radio News and AP Radio News.

GENERAL NEWS

Florida Alpha Alumnus Joins Secret Service

William Winkler (University of Florida, Florida Alpha '94), congratulated here by President Clinton, was recently selected to be a special agent for the United States Secret Service. He completed his training this summer

and is now stationed at the Secret Service field office in Boston. Before joining the Secret Service he worked in the White House for a year in the Office of the Counsel to the President.



Dr. John Uslick Heads National Osteopathic Group

Dr. John F. Uslick (Youngstown State University, Ohio Mu '61) has been installed as president of the American College of Osteopathic Internists for 1999-2000. He is a clinical professor of internal medicine at the Ohio University College of Osteopathic Medicine, where he also served as regional assistant dean for 13 years. He is a former president of the Ohio Osteopathic Association and past chief of staff at Doctors Hospital of Stark County, where he is on the active medical staff.

He served as president of Ohio Mu and as president of the Student Council during his days at Youngstown State.

David Curtis is Fulbright Fellow

David Curtis (Baylor University, Texas Rho '93) is off to New Zealand as a Fulbright Fellow to do research on the Ph.D. He is pursuing an educational psychology degree at the University of Houston. David is living SigEp's Balanced Man Ideal by developing a sound mind and body. He earned his master's degree at St. Mary's College in San Antonio, Texas. He played football at Baylor and has been serving as Resident Scholar at Texas Delta at the University of Houston.

Sigma Phi Epsilon Educational Foundation...The Why

As Sigma Phi Epsilon reflects on 100 years of accomplishments that belong to this young upstart fraternity founded at the beginning of the century including the important contributions its alumni have made to our local and national communities, it is clear just what our Fraternity has done in only 100 years. This impressive record places us in a position of leadership to address the challenges that lie ahead.

Most important as SigEp enters its second 100 years, are the opportunities to make an impact on the lives of the young men entering our chapters. The challenges they face are more complex, more challenging than at any time in our history.

The changes underway on the college campus relating to student life and the role that co-curricular and extra curricular activities play in the overall educational experience at the college level are significant.

Whether located on a residential campus, an urban commuter campus or a hybrid, our chapters today operate in a learning community. The interaction with fellow students, faculty, administrators, alumni, and the local community has accelerated to a point where, much as the economy is now global, the college experience includes a multitude of far reaching constituencies. There is a need to interact daily beyond the classroom.

The structure of our chapters and the resources available to them and their leadership must constantly adapt to changing needs and opportunities. Sigma Phi Epsilon must have the resources to address the challenges that lie ahead. This is



The Sigma Phi Epsilon chapter house provides a center for fraternity life. To meet today's needs it must be safe, well-equipped, and attractive and welcoming to parents, faculty and friends.

where the Sigma Phi Epsilon Educational Foundation will play such an important role.

Sigma Phi Epsilon's opportunity in this new learning community lies with our ability to put together resources that provide safe, well-equipped chapter housing facilities. The housing facilities must be competitive in all respects with the residential opportunities offered by the college. They must have access to educational resources available through the Internet and the

campus Intranet. They must be attractive and welcoming to faculty and administrators. They must be maintained and upgraded on a continuing basis.

To provide this center of fraternity life, the modern Fraternity House, will require major resources that the Sigma Phi Epsilon Educational Foundation with the help of alumni, parents and friends will be able to provide as an active partner with the Fraternity and its National Housing Corporation. SigEp alumni will be critical to providing a comprehensive coordinated plan to assemble these resources for the benefit of all chapters.



The Sigma Phi Epsilon chapter house must provide access to educational resources available through the Internet and the campus Intranet. Alumni, parents and friends can help by providing resources to accomplish this for all chapters through the Sigma Phi Epsilon Educational Foundation.

As this vision unfolds and planning is implemented, chapters will keep their alumni well-informed. The needs will be carefully explained. The requests for advice, mentoring, management and a financial contribution toward the necessary resources will be clear. If this communication is consistent and well-done, it is believed alumni will respond.

What better way to protect the legacy that SigEp alumni have established in our first 100 years than to be involved in defining the future?

...How to support

Giving to Sigma Phi Epsilon through the Foundation is an easy process.

The first step is to decide to give.

Regarding the Joy of Giving, Ralph Waldo Emerson is quoted,

"It is one of the most beautiful compensations of this life, that no man can sincerely try to help another without helping himself."

At the Fraternity's conclave last summer Past Grand President Wally Doud related the joy of giving from his perspective:

"How better can we serve the teachings of Sigma Phi Epsilon than to give to others. And when we do we will experience true joy, a joy that comes from being a giver to the heart of our great fraternity."

When you decide to support the Fraternity financially you have many options on *directing your gift*. The Educational Foundation will work with you to *achieve all of your intentions* in the way you want them accomplished.

Alumni, parents and friends make regular gifts to the Sigma Phi Epsilon Educational Foundation to provide the resources to fund scholarship and leadership programs for undergraduates and their chapters.

Making a gift is a matter of deciding how you want your gift applied.

You can make an unrestricted gift that will reside in a fund available for programs the Foundation Trustees and the Fraternity Board of Directors determine to be a priority. These decisions are made annually in response to grant requests from the Fraternity. Or, you can direct your gift to a specific program or an area of programming or to scholarships.



Former Grand President Wallace C. Doud, Wisconsin '48, related his Joy of Giving to the Conclave last summer in Chicago.

Your regular gift is usually made annually or more often and is an amount up to several thousand dollars.

In addition to your regular gift you might consider an endowment gift.

This means your gift will not be used but invested with the annual return used to fund a specific program, an area of programming, or scholarships.

If you make an endowment commitment on a current or deferred basis that will total \$10,000 or more, the endowment will be established in your name with annual funding made in your name.

To act on your wish to support Sigma Phi Epsilon —

Call Foundation President Chuck White at 800-313-1901 or e-mail him at cnw1@mindspring.com.

You can also go to the Foundation's website www.sigep.org/foundation to learn more. There are e-mail links there and also an opportunity to make a gift using the Foundation's secure online giving button.

...Funding 2000-2001

SCHOLARSHIPS: A total of \$286,000 is allocated this year to national and chapter restricted scholarship programs.

NATIONAL SCHOLARSHIPS

Zollinger Scholars
The J. Edward Zollinger Family



Hicks Scholars
Thomas O. Hicks, Texas '68



Clark Scholars
W. H. and Callie Anne Clark, NC State '56



Stroud Scholars
Jerry Stroud, Indiana State '60



CHAPTER SCHOLARS: Each chapter has a restricted scholarship fund in the Foundation that the alumni board utilizes to fund its local scholarship program. The current value of chapter restricted funds is \$6 million. These funds award more than 300 individual scholarships as well as grants for scholarship support programs in the chapter facility.

LEADERS PROGRAMS: The leadership programs funded by the Foundation provide support to chapter officer's programs and more broadly based education and personal development issues through the chapters for all undergraduate Brothers. Current funding commitments for leaders programs is \$557,000.

Leaders programs emphasize four areas:

- Leadership Training
- Personal Development
- Chapter Environment
- Targeted Issues

Leadership training programs like the Carlson Leadership Academies provide formal leadership training for chapter officers and key alumni volunteers. The Foundation has provided a total of \$1,640,000 in funding for

this program in which 48,000 undergraduates and alumni have participated.

Personal development programs benefit all undergraduate Brothers. Key elements are the **Balanced Man Initiative** which is a comprehensive approach to personal development focusing on the sound mind/sound body concept and Sigma Phi Epsilon's emphasis on the Balanced Man. This includes emphasis on personal health including a wellness tracker, emphasis on testicular cancer which is most prevalent in younger men, healthy eating habits, expanded knowledge of the effects of alcohol and tobacco, and incentives to include exercise as a regular part of daily life.

Environmental emphasis promotes high achievement in academics and life planning. This involves support systems like mentors, resident scholars and on-site faculty involvement. The idea of a Fraternity experience being a learning community is central to the Foundation's commitment in this area.

Targeted issues include Sigma Phi Epsilon's commitment to alcohol research and education through the TIPS program, *Training for Intervention Procedures*, conducted with the help of Health Communications in Arlington, Virginia.



Each academic year, like the cycle of nature, these areas need to be evaluated, improved as necessary, shifted or renewed. This ongoing process is vital to a vibrant and successful experience in the SigEp chapters across the country.

Support of alumni in volunteer positions, as mentors and as donors to the Foundation's funding areas is vital to the long-term success of the Sigma Phi Epsilon Fraternity experience. A century of building this great Fraternity is almost history and the challenges of the second hundred years are on the horizon.

Please be a part of this great Fraternal experience.

The Foundation's current funding program totals \$843,000.



The Balanced Man Initiative in all chapters is a comprehensive approach to personal development focusing on sound mind/sound body concepts.

Mark Your Calendar for SigEp's Centennial Conclave



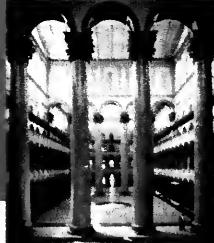
The Grand Hyatt

The Grand Hyatt will serve as SigEp's Conclave Headquarters.



The Warner Theatre

Celebrate Sigma Phi Epsilon's past at this historic theatre.



**The National
Building Museum**
The 2001 Centennial
Dinner will take place at
this Washington Landmark.



The United States
Holocaust
Memorial Museum
Don't miss the opportunity to
learn more about "balanced"
living at this moving memorial.

Go to www.sigep.org for continually updated information.

August 15-19, 2001



**Sigma Phi Epsilon
Alumni Association
P.O. Box 1901
Richmond, VA 23218-1901**

ADDRESS SERVICE REQUESTED

Parents: If this issue is addressed to your son who no longer maintains a permanent address at home, please notify the Sigma Phi Epsilon Alumni Association of his new mailing address and telephone number.

Non-Profit
U.S. Postage
PAID
Gordonsville, VA
PERMIT #181

NEW ADDRESS?

Send this form with address label attached:

NAME (Please Print)

ADDRESS

CITY

STATE

ZIP